



DISCOVER
THE MANY BENEFITS
OF COOKING AND
DINING TOGETHER
AS A FAMILY

52
MONDAYS



52 delicious potato recipes
for a full year of family fun!



Courtesy of Potatoes USA and The Kids Cook Monday



POTATOES USA & THE KIDS COOK MONDAY –

Why This Cookbook

Consumer research has found that people love potatoes and will serve them more often if given new preparation ideas and serving suggestions.

Potatoes are most often consumed at dinnertime, and potatoes are far more likely to be included when families eat dinner together since they are a food that everybody enjoys.

This is why the Potatoes USA is teaming up to publish a cookbook with an organization like The Kids Cook Monday – which encourages families to make and eat dinner together – makes such perfect sense!

Potatoes & The Kids Cook Monday!

USA

Our two organizations put our heads together to identify the most delicious, family-oriented potato recipes and then adapted the preparation instructions to make sure everyone gets to play their part in making a truly memorable dish. Whether you enjoy these recipes on a Monday or any other day of the week, we know that everybody will love them and hope that they'll encourage your family to linger at the table a few minutes longer!



About The Organizations



Potatoes USA is the nation's potato marketing and research organization, and the central organizing force in implementing programs that will increase demand for potatoes. Based in Denver, Colorado, Potatoes USA represents more than 2,500 potato growers and handlers across the country.

Potatoes USA was established in 1971 by a group of potato growers to promote the many benefits of eating potatoes. Today, as the largest vegetable commodity board, Potatoes USA is proud to be recognized as an innovator in the produce industry and dedicated to positioning potatoes as a nutrition powerhouse – truly, goodness unearthed. To learn more about Potatoes USA and its programs, visit www.potatogoodness.com.



The Kids Cook Monday is a national campaign to encourage parents and kids to adopt the habit of cooking and eating together. The campaign's goal is simple: "start your week off right, make Monday family night!"

We aim to make cooking as a family as easy as possible. Our signature "Kid / Adult / Together" recipe format helps your family recognize which steps are appropriate for children and which steps children can complete with adult assistance.

HUNGRY FOR MORE?

Visit [The Kids Cook Monday.org](http://TheKidsCookMonday.org) for additional recipes and tips for cooking with kids. There, you can also sign up for our free Family Dinner Date weekly newsletter, which delivers a brand-new family cooking experience to your inbox each week.

The Kids Cook Monday is a project of The Monday Campaigns, a nonprofit public health initiative in association with Columbia Mailman School of Public Health, Johns Hopkins Bloomberg School of Public Health and the Maxwell School at Syracuse University.

The Importance of Family Mealtime and How Well Potatoes Fit In

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DID YOU KNOW THAT COOKING TOGETHER AND ENJOYING FAMILY DINNERS COULD BE GOOD FOR YOUR HEALTH? AT THE KIDS COOK MONDAY, WE BELIEVE IN THE POWER OF FAMILY MEALS BECAUSE:

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When children are exposed to cooking fresh foods from a young age, they are more likely to make healthy dietary choices later in life.

Cooking provides children with an outlet for the reading and math skills they've learned in school and a strong sense of accomplishment for having contributed to their family's nourishment.

Children who engage in regular family dinners perform better academically.¹ and are less likely to try drugs.²

Regular family meals help increase a family's sense of togetherness and are even associated with healthier body weights for parents and children alike.³

Research also shows that Monday is the day people are most open to introducing new healthy habits.⁴ So by committing to family dinners at least once a week, on Mondays, you're providing your family with a healthy dinnertime experience that they'll look forward to for years to come.

¹ The Importance of Family Dinners VI, The National Center on Addiction and Substance Abuse at Columbia University, September 2010

² The Importance of Family Dinners VIII, The National Center on Addiction and Substance Abuse at Columbia University, September 2012

³ Dinner Rituals That Correlate with Child and Adult BMI, Wansink and van Kleef, April 2013

⁴ The Science Behind Monday, FGI Research, 2014



Family Meals & Potato Nutrition

Everyone wants a healthy family, and serving a nutritious dinner makes an important contribution to this goal. Plus, cooking dinner together provides a natural way to discuss nutrition and the impact that food choices have on health and well-being. So it's great news that one of the foods families love the most – potatoes – are loaded with nutritional benefits!

It's a surprise for many to discover that one medium potato (5.3 ounces) with the skin contains 45 percent of the daily value for vitamin C; as much or more potassium (620 mg) than either bananas, spinach, or broccoli; 10 percent of the daily value of B6; and trace amounts of thiamin, riboflavin, folate, magnesium, phosphorous, iron, and zinc — all for only 110 calories and no fat!

One wholesome, satisfying potato contributes 2 grams of fiber to the diet, 8% of the recommended daily value. Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose, and increasing satiety. Potatoes also have no cholesterol and are naturally fat-free and sodium-free. Diets low in sodium may reduce the risk of high blood pressure. Skin-on potatoes provide one of the most concentrated and affordable sources of potassium, and rank highest for potassium content among the top 20 top-selling fruits and vegetables – significantly more than those foods commonly associated with being high in potassium (e.g., bananas, oranges, mushrooms, etc.). It is estimated that less than 3% of Americans are meeting the current adequate intake for potassium (4700 mg/d) (USDA). According to the 2010 Dietary Guidelines, diets containing foods that are a good source of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

..... LET'S GET COOKING!

Features we have built-in to make selecting and preparing dinner quick, easy and fun.



Yummy recipes include comfort foods and those that are a bit more indulgent or have more adventurous flavor profiles. However, they are tasty just the same.



This section is filled with recipes that contain fewer steps and shorter preparation times... otherwise known as ideal for your family's busiest Mondays.



Although all of the recipes provided could fit this description, breaking them up into these categories will provide an easier way to recall which section your family favors.

OUR SIGNATURE “**KID / ADULT / TOGETHER**” PREPARATION INSTRUCTIONS ARE COLOR CODED ICONS FOR EASY IDENTIFICATION OF ROLES FOR KIDS, WHICH ROLES REQUIRE AN ADULT AND TASKS TO BE COMPLETED TOGETHER.

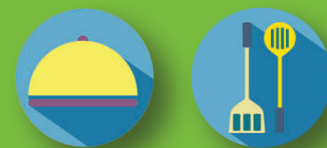
KID = YELLOW



ADULT = RED



TOGETHER = BLUE



KID ICONS - Let your kids get in on the fun on their own



Add Ingredient(s)



Microwave



Rinse



Add Oil



Mix with Spoon



Roll



Crack an Egg



Pierce with Fork



Spray



Cover with Water
in a Pot



Place evenly on
Baking Sheet



Toss



Ladle into Bowls



Put on Baking
Sheet



Whisk

ADULT ICONS - For safety, adults should do these tasks



Add Spices



Grill



Preheat or
Bake



Cut or slice



Heat or Sauté



Use Oven
Mitt



Drain



Measure Spices

TOGETHER ICONS - Work together to complete these tasks



Boil



Grate



Roll



Blend



Mash or Spoon



Add Salt and/
or Pepper



Cook or Stir



Measure



Serve



Cover



Mix or Whisk



Sprinkle



Cut or Slice



Mix with Mixer

START ENJOYING A YEAR'S WORTH OF QUALITY TIME WITH THESE GREAT RECIPES

GET STARTED! In the table of contents on the following pages are 52 recipes for your family to choose from. Simply click on the title and you will be taken to the recipe page for the item selected.



RECORD WHAT YOUR FAMILY LIKED BEST...

as well as what they weren't crazy about. At its heart, our cookbook is simply a PDF that you can add comments to and save, so don't hesitate to write notes about changes you'd make to recipes next time or what your kids did or didn't like about a dish. Mark our cookbook up and truly make it your own!



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Potatoes arrived in the Colonies in 1621 when the Governor of Bermuda, Nathaniel Butler, sent two large cedar chests containing potatoes and other vegetables to Governor Francis Wyatt of Virginia at Jamestown. The first permanent potato patches in North America were established in 1719, most likely near Londonderry (Derry), NH, by Scotch-Irish immigrants. From there, the crop spread across the country.

Baked Potato Nachos

Recipe by Potatoes USA. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.

INGREDIENTS

1 1/2 pounds russet potatoes
1 1/2 tablespoons vegetable oil
1/2 teaspoon garlic salt
1 teaspoon Mexican seasoning blend*
1 cup Mexican blend shredded cheese*
1/4 cup rinsed and drained canned black beans*
1/4 cup diced tomatoes
1/4 cup sliced black olives
1/4 cup sliced green onions
3 tablespoons canned diced green chiles
Salsa, guacamole and sour cream (optional)



Yield: 4
Prep Time: 25 Minutes
Cook Time: 35 Minutes
Ready Time: 1 Hour

Calories: 308
Fat: 16g
Cholesterol: 32mg
Sodium: 659mg
Vitamin C: 37%
Fiber: 5g
Protein: 13g
Potassium: 913mg

Baked Potato Nachos

preparation



ADULT: Preheat oven to 425° F.

TOGETHER: Scrub potatoes and cut into 1/2-inch thick wedges.

KID: Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning. Stir well to coat potatoes with oil and seasonings. Transfer to a large baking sheet and spread into a single layer.

ADULT: Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown.

KID: Top with cheese, beans, tomatoes, olives, onions and chiles.

ADULT: Bake for 5 minutes more to melt cheese.

Optional, serve with salsa, guacamole and sour cream.



GREAT TIP:

Preserve the color of cut potatoes by storing them in cold water, and add lemon juice or a little vinegar.

Cast Iron Skillet Turkey Hash with Soft-Cooked Eggs

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Recipe courtesy of Diane Morgan, an award-winning cookbook author. Cast Iron Skillet Turkey Hash is perfect for a weekend brunch or for an easy weeknight supper. It's also a great way to use up leftover turkey.

INGREDIENTS

4 tablespoons (1/2 stick) unsalted butter
2 pounds red or yellow potatoes, peeled and cut into 1/2-inch dice
1 large yellow onion, cut into 1/2-inch dice
2 ribs celery, halved lengthwise, then cut crosswise into 1/2-inch-thick slices
1 large red bell pepper, seeded, deribbed, and cut into 1/2-inch dice
1 teaspoon kosher or sea salt
1/2 teaspoon freshly ground pepper
3 cups coarsely chopped roast turkey
3 tablespoons chopped fresh tarragon, plus extra for garnish
1/3 cup chopped fresh flat-leaf parsley
6 large eggs
Tabasco or other hot sauce

Yield: 6
Prep Time: 30 Minutes
Cook Time: 30 Minutes
Ready Time: 1 Hour

Calories 412, Fat: 15g
Cholesterol: 275mg
Sodium: 342mg
Carbohydrates: 37g
Fiber: 4g
Vitamin C: 104%
Potassium: 1294mg
Protein: 32g

Cast Iron Skillet Turkey Hash with Soft-Cooked Eggs

preparation



ADULT: In a 12-inch skillet or sauté pan, preferably cast iron, melt the butter over medium heat and swirl to coat the pan. Add the potatoes and onion and sauté for about 1 minute until just coated with butter.



TOGETHER: Cover and cook for 7 minutes to steam the potatoes, stirring once. Add the celery and bell pepper, stir briefly, then cover and cook for 3 minutes longer. Uncover the pan, raise the heat to medium-high, and add the salt and pepper.



TOGETHER: Cook, stirring frequently, for about 10 minutes until the potatoes are lightly browned.



ADULT: Gently fold in the turkey, tarragon, and parsley and cook for about 2 minutes just until the turkey is heated through.



KID: Using a large spoon, make 6 shallow depressions in the hash, spacing them equally around the pan, with one in the center. Carefully crack an egg into each hollowed-out spot.



ADULT: Cover the pan and cook the eggs for about 5 minutes until the whites are set and the yolks are still runny.

TOGETHER: Serve immediately, garnishing the top of each egg with a sprinkling of tarragon. Pass the hot sauce at the table.

Chinese Five Spice Potato & Chicken Salad

.....

Recipe courtesy of the British Potato Council. This Chinese 5 Spice Potato and Chicken Salad recipe is sure to please family and friends!



INGREDIENTS

2 pounds petite potatoes cut into 1-inch slices
2 tablespoons olive oil
1 pound chicken breasts, thinly sliced
1 red bell pepper, thinly sliced
1/2 teaspoon Chinese five spice seasoning
(mixture of anise, cloves, cinnamon,
Sichuan pepper and fennel seeds—commonly
available in the spice aisle at your supermarket)
1/2 head Chinese leaf lettuce, shredded
1 tablespoon white wine vinegar

Yield: 4
Prep Time: 5 Minutes
Cook Time: 20 Minutes
Ready Time: 25 Minutes

Calories: 345
Fat: 10g
Cholesterol: 64mg
Sodium: 142mg
Carbohydrates: 38g
Fiber: 6g
Protein: 26g
Potassium: 1365mg

Chinese Five Spice Potato & Chicken Salad

preparation



KID: Place potatoes in large saucepan; cover with water by 2 inches.



TOGETHER: Bring to a boil over high heat; reduce to a simmer and cook until fork tender.



ADULT: Drain and set aside.



ADULT: Heat oil in a large skillet over medium heat. Add chicken and pepper; cook until browned and no longer pink in the middle, about 7 minutes. Add reserved potatoes and seasoning to skillet; cook 2 to 3 minutes stirring frequently.

KID: Meanwhile, combine the lettuce and vinegar in a large serving bowl; toss well. Add cooled chicken and potato mixture. Serve warm.



Deep Dish Potato Torta with Peppers and Olives

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Recipe by Potatoes USA. This makes a great vegetarian main dish. Any cheese will work. Try manchego, Parmesan, fontina or mozzarella. Works well as a special holiday dish, too. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.



INGREDIENTS

2 pounds peeled potatoes, halved
3 bell peppers (orange, red and yellow)
1 small onion, peeled and thinly sliced
1 cup thinly sliced, coarsely chopped fennel
(white bottom part only)
1/2 tablespoon olive oil
3 tablespoons basil pesto
3/4 pound thinly sliced part skim mozzarella
cheese, divided
1/4 cup shredded Romano or Parmesan
cheese, divided*
3 tablespoons Kalamata olives, pitted and chopped

Yield: 16
Prep Time: 30 Minutes
Cook Time: 1.5 Hours
Ready Time: 2 Hours

Calories: 141
Fat: 6g
Sodium: 173mg
Vitamin C: 55%
Fiber: 2g
Protein: 8g
Potassium: 409mg

Deep Dish Potato Torta with Peppers and Olives

preparation



ADULT: Preheat oven to 375° F.



KID: Place potatoes in a steamer basket with a small amount of water.



TOGETHER: Bring to a boil; cover and steam for 20 to 30 minutes or until tender. Let cool, then cut into thin slices. Cut peppers in half, discard stems and seeds. Place peppers on foil-lined baking sheet and flatten with hand.



ADULT: Bake for 20 minutes or until browned and blistered. Wrap peppers up in foil to steam for 10 minutes.



TOGETHER: Remove skin from peppers and cut into strips. Press between several layers of paper towels to remove excess moisture.



ADULT: Sauté the onion and fennel in olive oil for about 20 minutes or until very soft, stirring frequently. Stir in the pesto and cook for several minutes more.

KID: Spray a 9-inch deep dish pie plate or springform pan with non stick cooking spray and place on a foil lined baking sheet. Cover the bottom with 1/3 of the potatoes, 1/2 the peppers and 1/2 the cheese. Spread the onion mixture evenly over the top and cover with another layer of potatoes and peppers. Cover the top with the remaining cheese and sprinkle with olives.

ADULT: Bake for 45 to 50 minutes, tenting the top with foil after 30 minutes.

TOGETHER: Let cool to room temperature and cut into thin wedges. Makes 16 wedges.

Double-Stuffed Baked Potatoes with Swiss Chard and Bacon

Recipe by Potatoes USA. This Double-Stuffed Baked Potatoes with Swiss Chard and Bacon recipe is a great way to get extra greens in your diet. Spinach can be substituted for the chard, if desired.



INGREDIENTS

2 8-ounce russet potatoes, rinsed, scrubbed
2 slices applewood smoked bacon, cut
into 1-inch pieces
4 cups (packed) sliced stemmed chard
(from 1 large bunch)
1 garlic clove, minced
1/2 cup 2% buttermilk
2 ounces aged Gouda cheese, grated

Variations:

Spinach can be substituted for the chard, if desired.

Yield: 2
Prep Time: 20 Minutes
Cook Time: 20 Minutes
Ready Time: 40 Minutes

Calories: 398.6 Fat: 10.5g
Cholesterol: 41.4mg
Sodium: 41.4mg
Vitamin C: 98.5%
Carbohydrates: 59.3g
Fiber: 6.5g Protein: 18.5g
Potassium: 641.8mg

Double-Stuffed Baked Potatoes

preparation



KID: Pierce potatoes several times with fork.



ADULT: Bake directly on middle rack of oven until tender, about 1 hour. Cool potatoes slightly. Maintain oven temperature.



ADULT: Meanwhile, cook bacon in heavy large skillet until crisp. Using slotted spoon, transfer bacon to paper towels and drain. Pour off drippings from skillet (do not rinse skillet). Add chard and garlic to same skillet and cook over medium heat until wilted, tossing with tongs, about 3 minutes. Set aside.



TOGETHER: Using serrated knife and cutting lengthwise, cut 1/2-inch off top of each warm potato and reserve for another use.



TOGETHER: Using spoon, gently scoop out potato flesh, leaving 1/4-inch-thick shells. Transfer warm potato flesh to bowl.



KID: Mash with potato masher. Mix in buttermilk, then all but 1/4 cup cheese. Mix in cooked chard. Season to taste with salt and pepper.

KID: Place potatoes in small baking dish. Fill with mashed potato mixture, mounding well. Top with remaining 1/4 cup cheese.

ADULT: Bake potatoes until heated through, about 15 minutes. Sprinkle with bacon and serve.


Eat Your Veggies Chicken Soup

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Recipe by Potatoes USA. Eating your veggies is easy for kids with this hearty chicken soup. It's packed with protein and potassium, yet contains only 2 grams of fat per serving.

INGREDIENTS

1 can (14 ounces) fat-free,
reduced-sodium chicken broth
2/3 pound (2 medium) unpeeled white
or red potatoes, cut into 1/2-inch chunks
1/3 cup each thinly sliced carrot and celery
1/3 cup chopped onion
1 can (14.5 ounces) diced tomatoes with liquid
1 cup water
6 ounces boneless, skinless chicken breast, cut
into 1/2-inch chunks
1/3 cup each frozen corn kernels and peas
Salt and pepper, to taste
teaspoon dried thyme leaves (optional)



Yield: 4
Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready Time: 30 Minutes

Calories: 163
Fat: 2g
Cholesterol: 26mg
Sodium: 398mg
Vitamin C: 34%,
Fiber: 4g
Protein: 16g
Potassium: 830mg

Eat Your Veggies Chicken Soup

preparation



TOGETHER: In 3-quart saucepan, bring broth, potatoes, carrot, celery and onion to boiling over high heat; reduce heat to low, cover and simmer 5 minutes.



TOGETHER: Add remaining ingredients except salt, pepper and thyme. Return to boiling over high heat; reduce heat to low, cover and simmer 5 minutes or until potatoes are tender and chicken is cooked through.



TOGETHER: Season with salt, pepper, and thyme.

SURPRISE!
Potatoes contain more
potassium than bananas
or broccoli!



Fiesta Potato Smashers

.....

Recipe by Potatoes USA. As seen in popular women's and cooking magazines! Yellow and red smashed potatoes with sweet peppers, cilantro and a hint of chili powder.



INGREDIENTS

5 small yellow potatoes and 5 small red potatoes or potato type of your choice (try russets, white or fingerlings)

1 pint sweet mini peppers (red, orange and yellow)

8 sprigs cilantro, picked from stems

4 tablespoons of fat-free sour cream or fat-free Greek yogurt (optional)

Cooking spray

Salt, chili powder and freshly ground pepper to taste

Yield: 8
Prep Time: 5 Minutes
Cook Time: 30 Minutes
Ready Time: 35 Minutes

Calories: 50
Sodium: 350mg
Vitamin C: 70%
Fiber: 1g
Protein: 1g
Potassium: 293mg

Fiesta Potato Smashers

preparation



KID: Place whole potatoes (do not poke) into microwave-safe covered dish. Microwave on HIGH for 3 to 4 minutes.



TOGETHER: While potatoes are cooking, cut mini peppers into small 1/4-inch slices.



KID: Spray a nonstick pan with cooking spray

ADULT: Heat to medium. Add peppers and saute until they start to brown. Remove from pan and set aside.



TOGETHER: Remove potatoes from microwave and using a layer of paper towels covering each potato, smash it on a cutting board until 1 3/4-inch thick.

Helpful tip: Use the side of a coffee cup or flat cooking utensil to smash the potatoes.



ADULT: Spray saute pan with cooking spray, heat on high and add smashed potatoes. Cook for 1 to 2 minutes until potatoes start to brown.

TOGETHER: On a plate, place potatoes and layer with sour cream or yogurt (optional), peppers and cilantro. Dust with salt, chili powder and pepper to taste. Serve warm.

Frittata with Potatoes, Greens and Mushrooms

Recipe courtesy of Chef Bill Briwa, Culinary Institute of America. Photography courtesy of Kristen Loken.



INGREDIENTS

2 tablespoons olive oil
2 cups yellow potatoes, cooked,
cooled, diced 1/2 inch x 1/2 inch
1/2 cup greens, cooked
2 ounces mushrooms, sautéed
2 ounces onions, sautéed, golden brown
2 teaspoon garlic
3 tablespoons Parmesan cheese, grated
2 eggs
Salt and pepper to taste
3/4 cup arugula
2 ea. whole grain bread roll

Yield: 2
Prep Time: 15 Minutes
Cook Time: 35 Minutes
Ready Time: 50 Minutes

Calories 402, Fat: 22g
Cholesterol: 191mg
Sodium: 542mg
Carbohydrates: 37g
Fiber: 5g, Protein: 15g
Potassium: 409mg
Vitamin C: 35%



Frittata with Potatoes, Greens and Mushrooms

preparation



ADULT: In a small non-stick egg pan over moderate heat add half the olive oil and once hot, add the potatoes, greens, mushrooms, and onions. As it cooks season this mixture aggressively with garlic, salt, and pepper.



TOGETHER: In a small bowl, whip the eggs and season with salt, pepper, and half the parmesan cheese.



KID: Add the mixture from step one into the eggs and stir until all the ingredients are equally coated with liquid egg.



ADULT: Put the egg pan back over a moderate heat and add half of the remaining oil. When hot, add the egg mixture from step two and press it flat into the hot pan. Cook the egg mixture until golden and then turn it out onto a plate, add the last of the olive oil to the pan and return the eggs to the pan uncooked side down. Continue to cook until the eggs are cooked through and firm – about an additional minute. While still hot sprinkle the frittata with the remaining cheese.



KID: Split the rolls and divide the arugula between the two. Divide the frittata in half and top each roll with half of the eggs.

TOGETHER: Replace the top of the roll and serve the frittata warm or at room temperature.

Greek-Style Beef & Potatoes

.....

Recipe courtesy of the Cattlemen's
Beef Board and American National
CattleWomen, Inc.



INGREDIENTS

1 tablespoon olive oil
2 cups cubed red potatoes (1/2-inch cubes)
1 pound ground beef (95% lean)
2 teaspoons oregano
1 teaspoon garlic salt
1/2 cup plain Greek yogurt
1 cup diced tomatoes
1/2 cup crumbled feta cheese
2 green onions, thinly sliced
1 head butter lettuce

Yield: 4
Prep Time: 20 Minutes
Cook Time: 20 Minutes
Ready Time: 40 Minutes

Calories: 361
Fat: 17g
Cholesterol: 97mg
Sodium: 556mg
Carbohydrates: 19g
Fiber: 3.8g
Protein: 33g

During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were valued for their vitamin C. And gold, at that time, was more plentiful than nutritious foods!



T Back to
TASTY recipes.

Greek-Style Beef & Potatoes

preparation



ADULT: Heat olive oil in large nonstick skillet over medium heat until hot. Add potatoes; cook 7 to 10 minutes, stirring occasionally. Remove potatoes from pan; set aside.



ADULT: In same skillet, brown ground beef over medium heat 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add oregano, garlic salt and cooked potatoes; continue cooking 8 minutes or until potatoes are tender.



KID: Meanwhile, combine Greek yogurt, diced tomatoes, feta cheese and green onions in medium bowl; mix lightly.



TOGETHER: Remove leaves from the head of lettuce; wash and dry. Place lettuce on four plates. Top with beef-potato mixture and tomato-yogurt sauce.



Grilled Potato and Kale Pizzas

Recipe courtesy of The BBQ Queens
Yum! Potatoes and kale, a classic combination, get a sizzling turn as a grilled pizza topping. The artisan pizza dough needs an hour to rise, and then is ready to use. So make this first and while the dough rises, you can assemble the rest of your ingredients.



INGREDIENTS

Artisan Pizza Dough:

2 1/4 cups all-purpose flour
1 teaspoon salt
2 teaspoons instant or
bread machine yeast
1 cup warm water
1 tablespoon olive oil
1 teaspoon honey

Vinaigrette:

2 tablespoons olive oil
1 tablespoon white or red wine vinegar
1/4 teaspoon minced garlic
1/2 teaspoon sugar
1/8 teaspoon salt

Potato and Kale Topping:

8 small red or yellow potatoes
1 teaspoon olive oil
Sprinkle of salt
4 cups kale, stemmed and leaves torn or
cut into small pieces
2 tablespoons grated Romano or
Parmesan cheese

Yield: 4
Prep Time: 30 Minutes
Cook Time: 20 Minutes
Ready Time:
1 Hour 50 Minutes

Calories: 500
Fat: 13g
Cholesterol: 5mg
Sodium: 820mg
Vitamin C: 160%
Carbohydrates: 82g
Fiber: 4g, Protein: 14g
Potassium: 454mg

Grilled Potato and Kale Pizzas

preparation



KID: To prepare the pizza dough, stir together flour, salt and yeast in a large bowl.



TOGETHER: Add the water, olive oil and honey, stirring with a wooden spoon or using a dough hook with an electric mixer until the dough is smooth and elastic. Cover the bowl with plastic wrap and let sit at room temperature (72° F) until doubled in bulk, about 1 hour.



TOGETHER: Transfer the dough to a floured surface and divide into 4 equal pieces and form into balls. Flour a rolling pin or your hands and roll or pat each portion of dough into a 6-inch oval or round. Place the dough rounds on a lightly oiled baking sheet. Brush tops with olive oil. Set aside.



KID: To prepare vinaigrette, combine all the vinaigrette ingredients in a glass jar with a lid. Shake well to blend. (Will keep, refrigerated for 7 to 10 days.)

ADULT: To prepare pizza, preheat the oven 450° F.



KID: Rinse the potatoes and pat dry.

TOGETHER: Cut the potatoes into 1/8-inch thick slices and toss with 1 teaspoon olive oil. Place in a single layer on a baking sheet and lightly sprinkle with salt.

ADULT: Bake for about 10 minutes until tender when pierced with a fork.



KID: Place kale in a bowl and toss with the vinaigrette. Add grated cheese and set aside.

ADULT: Prepare a medium-hot fire in your grill. Place each round on the grill grates. Grill for about 3 minutes on one side or until the pizza has good grill marks. Using grill tongs, turn and grill for another minute. Remove from grill and top with equal amounts of potato slices and kale mixture. Place the pizzas back on the grill. Cover and cook for another 2 minutes or until crust is crisp and kale is lightly wilted.

Grilled Potato Kabobs with Lemon Herb Drizzle

.....

Recipe by Potatoes USA. Play with your food!
Substitute your favorite protein for the chicken sausage or try a new potato variety for a vegetarian version of this delicious kabob. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.



INGREDIENTS

Lemon-Herb Drizzle:

1/4 cup extra virgin olive oil
3 cloves garlic, minced
2 tablespoons chopped fresh herbs
(such as basil, rosemary, marjoram and sage)
1/2 teaspoon sea salt, or to taste
Juice of 1 fresh lemon
Freshly ground pepper to taste

Potato Kabobs:

1 pound russet potatoes, scrubbed
1 (12 ounces) package precooked chicken sausage*,
sliced 1/4-inch thick on the diagonal
2 ears fresh corn, cut into 1-inch pieces
1 zucchini, sliced 1/4-inch thick on the diagonal

Yield: 4
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Ready Time: 30 Minutes

Calories: 340
Fat: 18g
Cholesterol: 55mg
Sodium: 680mg
Vitamin C: 200%
Fiber: 4g
Protein: 15g
Potassium: 682mg

Grilled Potato Kabobs with Lemon Herb Drizzle

preparation



ADULT: Heat olive oil in a small saucepan until very hot; remove from heat and stir in garlic. Let cool, then stir in herbs, salt, lemon juice and pepper; set aside.



KID: Place potatoes in a medium-size microwave-safe bowl and cover with a lid or plastic wrap. Note: If using plastic wrap, make sure plastic wrap is not touching any ingredients and poke one small hole in cover to vent. Microwave on high for 10 to 12 minutes or until potatoes are tender (cooking time may vary depending on microwave).



ADULT: Use oven mitts to carefully remove from microwave.



TOGETHER: When cool enough to handle, cut into large chunks.



KID: Thread potatoes, sausage and vegetables onto skewers.

ADULT: Grill over medium-high heat for about 10 minutes, turning frequently and brushing with a little of the herb mixture during the last few minutes of cooking. Remove from grill and place on a platter; drizzle with remaining herb mixture.

Guiltless Burger & Shoestring Fries

Recipe courtesy of Produce For Better Health. Burger and fries can make a healthful meal. Potatoes, including fries, provide fiber, potassium, and vitamin C, among other important nutrients. Use lean ground beef and skip the cheese to lower saturated fat. Load up on the veggies and lighten up on condiments, which can be sources of extra fat and sodium.



INGREDIENTS

- 1 lb lean ground beef (5% fat), thawed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground black pepper
- 2 medium tomatoes, sliced
- 1 medium red onion, sliced thinly
- 4 leaves red lettuce
- 4 whole wheat hamburger buns
- 8 teaspoon ketchup
- 2 teaspoon mustard
- 4 cups frozen shoestring fries

Yield: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Ready Time: 40 Minutes

Calories: 420
Fat: 12g
Cholesterol: 65mg
Sodium: 670mg
Fiber: 6g
Protein: 30g

Guiltless Burger & Shoestring Fries

preparation



TOGETHER: In a medium bowl, mix ground beef with seasonings; shape into patties.



ADULT: Grill or pan fry. (Use a food thermometer to ensure that the internal temperature of the burgers is 160° F)



ADULT: Bake shoestring french fries according to package instructions.



Irish Potato Cakes with Sour Cream Sauce

.....

Recipe by Potatoes USA. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.

INGREDIENTS

Sour Cream Sauce

- 1/2 cup low-fat sour cream*
- 2 tablespoons chopped green onions (about 2 onions)
- 1/2 teaspoon minced garlic
- 1/2 teaspoon lemon juice
- Few drops hot pepper sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Pinch cayenne pepper

Irish Potato Cakes

- 1 1/4 pounds yellow flesh potatoes, peeled and cut into 1-inch pieces (about 4 medium potatoes)
- 3 tablespoons unsalted butter
- 3 tablespoons milk
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup grated mild cheddar cheese*
- 1/4 cup sliced green onions (about 4 onions)
- 1/2 cup panko (Japanese bread crumbs)*
- 4 tablespoons vegetable oil



Yield: 6
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Ready Time:
1 Hour 30 Minutes

Calories: 292
Fat: 18g
Cholesterol: 27mg
Sodium: 529mg
Fiber: 2g
Protein: 6g

Irish Potato Cakes with Sour Cream Sauce

preparation



KID: To make Sour Cream Sauce, in mixing bowl, gently whisk together all sauce ingredients. Refrigerate.



ADULT: To make Irish Potato Cakes, in medium saucepan cook potatoes in 2 inches boiling water, covered, 12 to 15 minutes or until tender. Drain, then shake potatoes over low heat 1 to 2 minutes to dry thoroughly.



TOGETHER: With electric hand mixer or potato masher, mash potatoes until smooth. Beat in butter, milk and garlic until blended. Season with salt and pepper. Allow potatoes to cool;



KID: Mix in cheese and green onions.

KID: To form potato cakes, shape 1/2-cup portions of potato mixture into patties; coat on all sides with bread crumbs. Place on wax paper-lined baking sheet and refrigerate at least 1 hour.



ADULT: In heavy non-stick skillet, heat oil over medium heat. Add potato cakes and cook about 5 minutes, turning once, or until heated through and golden on both sides. Place on serving platter or 6 individual plates;

KID: Top each potato cake with 1 tablespoon Sour Cream Sauce.

Italian Veggie Soup with Pesto

.....

Recipe by Potatoes USA. Parmesan rinds add great flavor to soups and stews. Simply simmer them with the soup for 20 minutes, then remove and discard.

INGREDIENTS

1 teaspoon oil
2 ounces prosciutto, chopped
1 cup chopped onion
1 cup chopped carrot
1 cup sliced celery
1 teaspoon bottled garlic
2 1/2 cups peeled cubed russet potato
6 cups reduced sodium chicken broth
1/4 cup sun-dried tomato paste
or Italian tomato paste
1 1/2 cups sliced and halved zucchini
4 teaspoons jarred pesto
Salt and pepper to taste



Yield: 6
Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready Time: 30 Minutes

Calories: 153, Fat: 6g
Cholesterol: 13mg
Sodium: 998mg
Vitamin C: 22%
Carbohydrates: 36g
Fiber: 5g, Protein: 12g
Potassium: 770mg

Italian Veggie Soup with Pesto

preparation



ADULT: Cook prosciutto, onion, carrot, celery and garlic in Dutch oven 5 minutes. Add potatoes, chicken broth, and rind. Bring to a boil. Cover, reduce heat and simmer for 15 minutes.



TOGETHER: Add sun-dried tomato paste and zucchini; cook 5 minutes more. Remove and discard rind and season to taste with salt and pepper.



KID: Spoon into soup bowls. Top each serving with 1 teaspoon pesto.

Serve with crusty bread.

GREAT TIP:

Fresh potatoes should be stored in cool, dark and ventilated areas, but not in the refrigerator. And don't wash potatoes before storing – dampness promotes early spoilage.

Lightened-Up Loaded Baked Potato Soup

Recipe courtesy of Tara Gidus.

Nothing says warmth and comfort more than potato soup. Try this healthy Lightened-Up Loaded Baked Potato Soup, developed by Tara Gidus, RD, who extols the goodness of potatoes. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.



INGREDIENTS

6 medium white potatoes, diced
8 ounces (or 2 1/2 cups) frozen cauliflower
1 head broccoli, chopped into bite-sized pieces
1 leek, washed and chopped thinly
2 teaspoons olive oil, divided
1/2 teaspoon crushed red pepper
1 1/2 teaspoon chopped garlic, divided
2 cups low-sodium vegetable broth*
2 cups 2% milk
3/4 teaspoon kosher salt
5 ounces reduced-fat sharp cheddar cheese*, for topping
5 slices center-cut bacon, microwaved and crumbled for topping, chives chopped for topping

Yield: 10

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Ready Time: 35 Minutes

Calories: 159 Fat: 4g

Cholesterol: 10mg

Sodium: 530mg

Vitamin C: 39%

Carbohydrates: 22g

Fiber: 2g

Protein: 9g

Potassium: 513mg

Note: Boil or microwave broccoli for the topping if you don't want to fire up your oven for roasted broccoli.

 Back to YUMMY recipes.

Lightened-Up Loaded Baked Potato Soup

preparation



ADULT: To prepare broccoli, remove bottom part of stem, and slice into bite-sized florets leaving an inch of the stem intact.



KID: Place broccoli on prepared baking sheet, lightly drizzle with 1 teaspoon olive oil and sprinkle with pinch of salt and 1/2 teaspoon garlic.



ADULT: Roast in oven for 20 minutes until crispy.

ADULT: Heat 1 teaspoon olive oil over medium heat. Sauté leeks, crushed red pepper, and garlic until leeks soften, about 1-2 minutes. Add cauliflower and vegetable stock, increase heat to medium-high and cook until cauliflower is soft. Remove pot from heat, and add potatoes, milk, and 1/2 teaspoon salt.



TOGETHER: Using an immersion blender, (or transfer soup to regular blender), puree soup until smooth and creamy.



KID: To serve, ladle one cup of soup into a bowl and top with cheese, bacon, chives, and roasted broccoli.

Lomo Saltado

(Peruvian Beef Stir Fry)

.....

Recipe courtesy of Gina from Skinnytaste. This is an all-star, easy-to-make Peruvian beef-and-potato stirfry. Lots of vegetables, lean beef and a slightly spicy kick will make this potato dish a new family favorite!

INGREDIENTS

For the Baked Fries:

canola cooking spray
1 medium (5.3 ounces) potato, russet or yellow potatoes, washed and dried
1 teaspoon olive oil
1/4 teaspoon garlic powder
kosher salt and black pepper, to taste

For the Beef:

1/2 lb lean sirloin, cut into small, thin strips
kosher salt, to taste
1/4 teaspoon cumin
black pepper, to taste
1 teaspoon olive oil
1 medium red onion, sliced into thick strips
2 mini yellow bell peppers or 1 large
1 large jalapeno, ribbed and seeded, chopped
2 cloves garlic, crushed
1 medium tomato, sliced into wedges
1 1/2 tablespoon low sodium soy sauce (use tamari for gluten free)
1 tablespoon apple cider vinegar
1/4 cup chopped cilantro



Yield: 2
Prep Time: 10 Minutes
Cook Time: 25 Minutes
Ready Time: 35 Minutes

Calories: 308.5
Fat: 9g
Cholesterol: 48mg
Sodium: 522mg
Carbohydrates: 28g
Fiber: 4g
Protein: 28g



Lomo Saltado (Peruvian Beef Stir Fry)

preparation



ADULT: Preheat the oven to 400°F. Lightly coat a baking sheet with cooking spray.

TOGETHER: Cut the potato lengthwise into 1/3-inch thick slices; cut each slice into 1/3-inch fries. Place on the baking sheet and toss with oil to evenly coat.

KID: Season with garlic powder, salt and pepper. Place on a single layer onto the greased baking sheet.

ADULT: Bake uncovered on the lower third of the oven for about 25 minutes or until tender crisp and golden.

ADULT: Meanwhile, season meat with salt, pepper and cumin. Heat a large wok over high heat. When hot add the oil and the steak, cook about 2 minutes, until browned on both sides. Add the onions, bell pepper, jalapeno and garlic and cook 2 minutes. Add the tomato, soy sauce and vinegar and cook 1 more minute. Season with more salt as needed, remove from heat and finish with cilantro. Serve immediately with french fries and divide evenly between 2 plates.

Mashed Potato Veggie Strata

.....

Recipe by Potatoes USA. This is the Winning Recipe of the May 2012 Better Homes and Garden's Prize Tested Recipe, created by Linda Cobb of San Diego, CA. She says: "It's a flavorful way to combine summer vegetables with mashed potatoes. I've served it as a vegetarian main dish as well as a hearty side with grilled meats." If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.



INGREDIENTS

1 1/4 lbs. russet potatoes, peeled and cut up
1/2 cup bottled roasted red sweet peppers
1 8 ounce carton sour cream*
1 tablespoon pre-prepared basil pesto*
1/4 teaspoon salt
2 medium zucchini, halved lengthwise, sliced
1 medium yellow summer squash, halved lengthwise and sliced
1 medium sweet red pepper, chopped
1 medium sweet yellow pepper, chopped
1 medium sweet green pepper, chopped
1 medium onion, chopped (1/2 cup)
1 tablespoon olive oil
1/2 teaspoon salt
8 ounces cheddar cheese, shredded*

Yield: 10
Prep Time: 25 Minutes
Cook Time: 55 Minutes
Ready Time:
1 Hour 20 Minutes

Calories: 234
Fat: 14g
Sodium: 386mg
Vitamin C: 82%
Fiber: 2.3g
Protein: 9g
Potassium: 511mg

Mashed Potato Veggie Strata

preparation



ADULT: Preheat oven to 350° F.



KID: Lightly coat a 3-quart rectangular baking dish with nonstick cooking spray. Set aside.



ADULT: In a large saucepan, cook potatoes in enough lightly salted water to cover for 20-25 minutes, until tender. Drain potatoes. Return to saucepan



TOGETHER: Mash, then spread evenly in baking dish. In blender or small food processor, blend roasted sweet peppers until smooth.



KID: Transfer to medium bowl. Whisk in sour cream, pesto and 1/4 teaspoon salt until smooth. Spread sweet pepper mixture on mashed potatoes.



ADULT: In 12-inch skillet cook zucchini, summer squash, sweet peppers and onion in hot oil over medium-high until crisp-tender. Season with 1/2 teaspoon salt.

KID: Spoon vegetables on roasted pepper layer. Sprinkle with cheese.

ADULT: Bake, uncovered, about 30 minutes or until heated thoroughly. Let stand 20 minutes before serving.

Mediterranean Beef & Pesto Fingerling Fries

.....

This recipe is courtesy of the © Cattlemen's Beef Board and American National CattleWomen, Inc.



INGREDIENTS

3/4 pound (about 16) fingerling potatoes,
quartered lengthwise
1 pound ground beef (95% lean)
1 cup lightly packed fresh baby spinach, coarsely
chopped
1/2 cup roasted red bell pepper, coarsely chopped
1/2 cup canned cannellini (white kidney) beans,
rinsed, drained
1/2 cup sun-dried tomato salad dressing
2 tablespoons reduced-fat basil pesto
1/4 cup crumbled feta cheese
1/4 cup pitted Kalamata olives, sliced
2 pepperoncini peppers, sliced

Yield: 4
Prep Time: 10 Minutes
Cook Time: 25 Minutes
Ready Time: 35 Minutes

Calories: 379
Fat: 15g
Cholesterol: 86mg
Sodium: 736mg
Carbohydrates: 28g
Fiber: 4.3g
Protein: 31g

Mediterranean Beef & Pesto Fingerling Fries

preparation



KID: Place quartered potatoes in 3-quart saucepan. Add enough water to cover potatoes.



ADULT: Bring to boil; cook 10 minutes or until tender. Drain; set aside.



ADULT: Meanwhile, brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into small crumbles; drain. Add spinach, roasted pepper, beans and dressing; cook 2 to 3 minutes or until heated through, stirring occasionally.



KID: Place cooked potatoes and pesto in medium bowl; toss gently until potatoes are well coated.



ADULT: Place potatoes in 13 x 9-inch baking pan so surface of potatoes is 4 inches from heat. Broil 3 minutes; remove from oven and stir. Return to oven; broil 1 to 2 minutes or until lightly browned.

KID: Arrange fries on plates; top with beef mixture. Sprinkle with cheese, olives and pepperoncini.

Mediterranean Hummus Twice Baked Potatoes

Recipe by Potatoes USA.

INGREDIENTS

2 teaspoons heart-healthy butter spread
1 cup chopped onion
4 (5 to 6-ounces) russet potatoes
1/2 cup fat-free plain yogurt
1/2 cup prepared hummus
1/3 cup diced roasted red bell peppers
1/2 teaspoon smoked paprika
1 teaspoon garlic salt
Freshly ground pepper, to taste
Slivered Kalamata olives (optional)

T Back to TASTY recipes.



Yield: 4
Prep Time: 15 Minutes
Cook Time: 20 Minutes
Ready Time: 35 Minutes

Calories: 240
Fat: 5g
Sodium: 440mg
Vitamin C: 50%
Carbohydrates: 43g
Fiber: 6g
Protein: 8g
Potassium: 915mg

DID YOU KNOW?

**A medium size
(5.3 oz) skin-on potato
has almost half your
daily value of Vitamin C.**

Mediterranean Hummus Twice Baked Potatoes

preparation



ADULT: Preheat oven to 425°F. Melt spread in a medium skillet. Add onion and cook over medium heat in a skillet for 10 to 15 minutes or until soft and lightly browned.



KID: While onions are cooking, place potatoes in a medium microwave-safe bowl and cover with plastic wrap. Make a small slit to vent, then microwave on HIGH for 10 minutes or until potatoes are soft when gently squeezed. Let cool slightly,



TOGETHER: Cut in half and carefully scoop out potato leaving a 1/4-inch shell.



KID: Mash potatoes, then stir in cooked onion, yogurt, hummus, roasted red bell peppers, smoked paprika, garlic salt and pepper.



KID: Place potato skins on a baking sheet and fill with mashed potato mixture.

ADULT: Bake for 20 minutes or until tops are lightly browned.

Top with slivered Kalamata olives, if desired.

Mediterranean Lemon Chicken and Potatoes

.....

Celebrate National Barbecue Month with America's favorite vegetable. This full-meal recipe can be prepared in the oven or on the grill – and thanks to the foil packaging, they're virtually mess-free! And the best part—just 250 calories per serving! If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.



INGREDIENTS

- 1 1/2 lbs. boneless skinless chicken breasts,
cut into 1-inch cubes
- 1 lb. yellow potatoes, cut into 3/4-inch cubes
- 1 medium onion, coarsely chopped
- 1/2 cup reduced-fat Greek or olive oil vinaigrette*
- 1/3 cup quartered Kalamata olives (optional)
- 1/4 cup lemon juice
- 1 teaspoon dry oregano
- 1 teaspoon garlic salt*
- 1/2 cup chopped tomato

Yield: 4
Prep Time: 5 Minutes
Cook Time: 30 Minutes
Ready Time: 35 Minutes

Calories: 250
Fat: 10g
Sodium: 1030mg
Vitamin C: 60%
Fiber: 2g
Protein: 6g
Potassium: 118mg

Mediterranean Lemon Chicken and Potatoes

preparation



KID: Mix all ingredients except tomatoes in a large bowl.



KID: Place equal amounts onto 4 large squares of heavy-duty foil.

TOGETHER: Fold in top and sides of each to enclose filling, leaving room for air to circulate.

ADULT: Grill over medium heat for about 25 to 30 minutes or until chicken is cooked through and potatoes are soft.



TOGETHER: Carefully open packets and sprinkle equal amounts of tomato over each.
Makes 4 servings.

NOTE: Packets may also be baked at 400°F for 30 minutes instead of grilling.

CLICK FOR THE ANSWER

What year
did potatoes first
arrive in the
colonies?

A. 1492

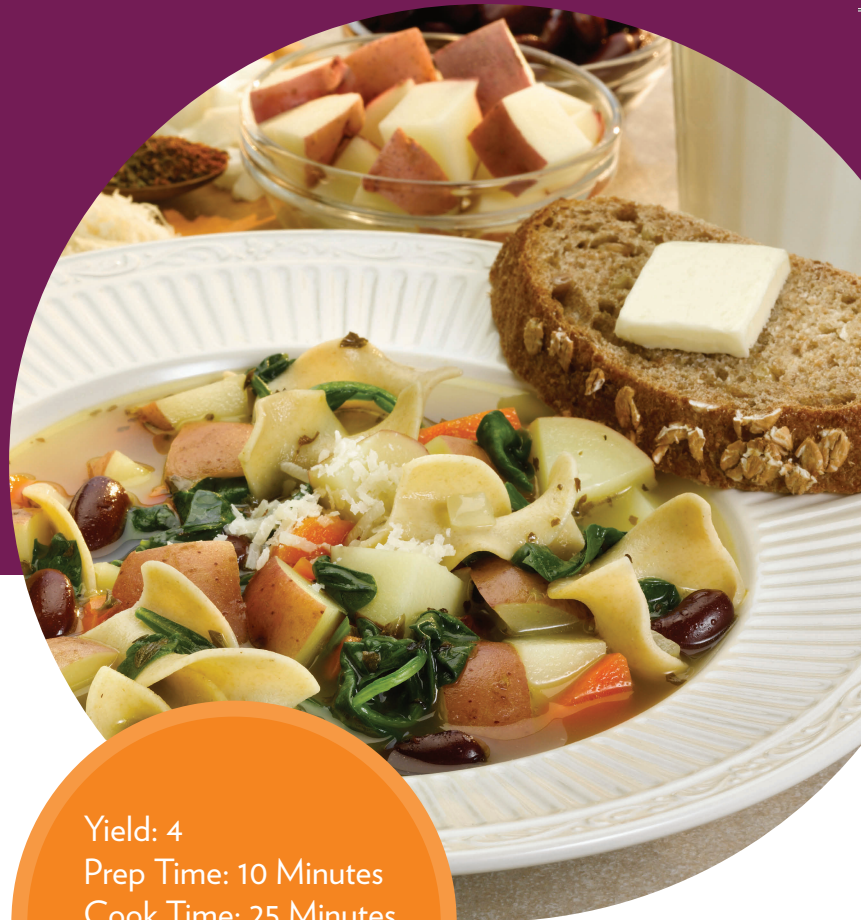
B. 1621

C. 1719

D. 1776

Mediterranean Potato Soup

Recipe courtesy of the Colorado Potato Administrative Committee.



INGREDIENTS

- 1-1/2 teaspoon olive oil
- 1 clove garlic, minced
- 1/2 cup chopped onion
- 4 cups low-sodium chicken broth
(or vegetable broth)
- 3 medium red potatoes, unpeeled, cubed
- 3 carrots, sliced
- 1/2 teaspoon ground pepper
- 2 teaspoon Italian seasoning
- 1 can (15 ounces) red kidney beans, drained
and rinsed
- 1 cup (2 ounces) whole wheat noodles, uncooked
- 2 cups fresh spinach or 1 cup frozen spinach
- 1/2 cup grated parmesan cheese, shredded

Yield: 4
Prep Time: 10 Minutes
Cook Time: 25 Minutes
Ready Time: 35 Minutes

Calories: 350 Fat: 5g
Cholesterol: 62mg
Sodium: 420mg
Vitamin C: 38%
Carbohydrates: 62g
Fiber: 14g
Protein: 19g
Potassium: 1510mg

**In what year
was the potato chip
invented?**

**A. 1776 B. 1853
C. 1909 D. 1967**

Mediterranean Potato Soup

preparation



ADULT: Heat oil in a 2-quart pot, sauté garlic and onions about 3-4 minutes. Add chicken broth, water, potatoes, carrots and seasonings; cover and bring to a boil. Reduce heat and simmer 15 minutes.



TOGETHER: Add kidney beans and noodles. Bring to boil again, cook until noodles are soft. Remove from heat. Just before serving, add spinach to pot and stir gently.



KID: Ladle into bowls and serve with parmesan cheese.

B. 1853

In 1853 at a fashionable resort in Saratoga Springs, NY, railroad magnate Cornelius Vanderbilt complained that his potatoes were cut too thick and sent them back to the kitchen. Chef George Crum sliced some potatoes paper thin, fried them in hot oil, salted and served them... and potato chips have been popular ever since! [BACK](#)

Moroccan-Style Chicken and Potato Stew

.....

Recipe by Potatoes USA. Curry and spice and everything nice! Spice up dinner with this Moroccan-Style Chicken and Potato Stew.



INGREDIENTS

- 1 1/2 teaspoon vegetable oil
- 2 (8 ounces) skinless bone-in chicken breast halves
- 1 small onion, chopped
- 3 cloves garlic, finely chopped
- 1/2 teaspoon (each) salt, ground cinnamon, ground cumin, curry powder, ground ginger, and crushed red pepper
- 1 can (14-1/2 ounces) stewed tomatoes, undrained
- 3/4 lb. (2 medium) potatoes, cut into 1-inch pieces
- 1/2 cup baby carrots
- 1/2 cup dried figs or 1/5 cup raisins
- 1 tablespoon lemon juice

Yield: 2 servings
Prep Time: 10 Minutes
Cook Time: 1 Hour
Ready Time:
1 Hour 10 Minutes

Calories: 566
Fat: 8g
Cholesterol: 73mg
Carbohydrates: 94g
Fiber: 15g
Protein: 36g

Moroccan-Style Chicken and Potato Stew

preparation



ADULT: Heat oil over medium-high heat in large saucepan. Add chicken; cook 10 minutes or until chicken is brown on both sides. Remove chicken from pan; set aside.



TOGETHER: Add onion and garlic to same pan; cook and stir 3 minutes or until onion is translucent. Stir in seasonings; cook and stir 30 seconds.



TOGETHER: Add tomatoes, potatoes, carrots and figs; heat until tomatoes just come to a boil.



ADULT: Add chicken and cover; reduce heat and simmer 35 minutes or until vegetables are tender. Stir in lemon juice before serving.

CLICK HERE FOR ANSWER

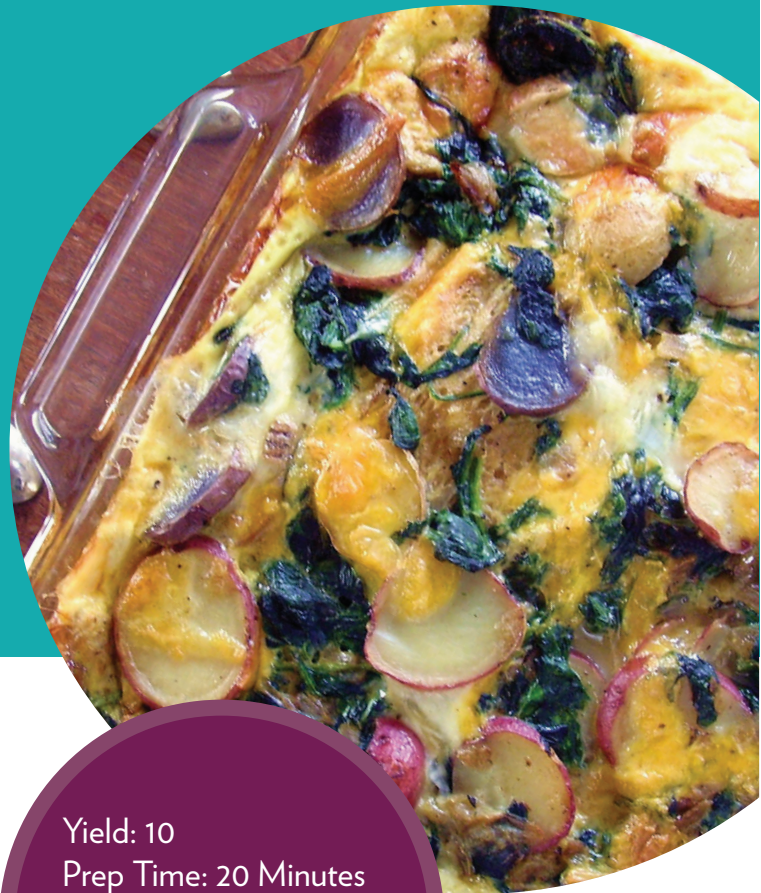
**Which President
introduced french fries
to the U.S.?**

- A. George Washington**
- B. Thomas Jefferson**
- C. Abraham Lincoln**
- D. Teddy Roosevelt**

Overnight Egg, Spinach & Hash Brown Breakfast Strata

Recipe courtesy of Jackie Newgent, RD.

“Prepare it in the evening, so that all you need to do in the morning is place it in the oven. It’s a perfect entrée for any breakfast or brunch gathering.” –Jackie Newgent, RD



INGREDIENTS

- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 12 ounces tri-color baby creamer potatoes, unpeeled, cut into 1/3-inch slices
- 1 large yellow onion, finely diced
- 1 1/2 teaspoons finely chopped fresh rosemary
- 2 teaspoons white balsamic or champagne vinegar
- 1 pound fresh baby spinach
- 1 1/4 teaspoons sea salt, or to taste
- 1/8 teaspoon freshly grated or ground nutmeg (optional)
- 6 (1-ounce) slices whole grain bread, cut into 4 wedges each
- 12 large eggs
- 2 1/2 cups plain almond or sunflower milk
- 3/4 teaspoon black pepper
- 3/4 cup shredded sharp or extra-sharp Cheddar cheese (3 ounces)
- 3/4 cup shredded or finely chopped Paesanella or Taleggio cheese (3 ounces)

Yield: 10
Prep Time: 20 Minutes
Cook Time: 1 Hour
Ready Time: 1 Hour
20 Minutes

Calories: 280
Fat: 15g
Cholesterol: 240mg
Sodium: 700mg
Carbohydrates: 22g
Fiber: 4g
Protein: 16g

Overnight Egg, Spinach & Hash Brown Breakfast Strata

preparation



KID: Coat a 9- x 13-inch or 3-quart baking dish with cooking spray. Set aside.



ADULT: In a (PFOA-free) nonstick Dutch oven or large deep skillet, melt the butter with the oil over medium-high heat. Add the potatoes, onion, and rosemary and sauté until the onion begins to caramelize, about 8 minutes. Stir in the vinegar.



TOGETHER: Add the spinach a large handful at a time and toss using tongs until wilted, about 2 1/2 minutes. Add 1/4 teaspoon of the salt and, if using, the nutmeg and toss to combine. Set aside.



TOGETHER: Evenly arrange half of the bread pieces in the baking dish. In order, evenly top with half of the spinach-potato mixture, half of the cheeses, and the remaining bread pieces, potato-spinach mixture, and cheeses. Drizzle with any remaining liquid from the Dutch oven.



KID: Whisk together the eggs, almond milk, pepper, and the remaining 1 teaspoon salt in a large bowl and pour over the layers in the baking dish.

TOGETHER: Cover and chill overnight (at least 4 hours) in the refrigerator. Remove the strata from the refrigerator and remove cover.



ADULT: Preheat the oven to 375°F. Bake until the strata is set, about 55 minutes. Let stand for at least 5 minutes, and serve.

Parmesan Potatoes

Recipe by Potatoes USA. What could be quicker—or tastier—than potatoes topped with your favorite prepared pasta sauce? If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.

INGREDIENTS

- 2 medium russet, yellow or white potatoes
- 1 jar (14 ounces) pasta sauce*
- 1 tablespoon Italian seasoning*
- 3/4 cup shredded Parmesan cheese*



Yield: 4
Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready Time: 30 Minutes

Calories 196, Fat: 6g
Cholesterol: 13 mg
Sodium: 684 mg
Carbohydrates: 27g
Potassium: 818 mg
Fiber: 4g
Protein: 9g
Vitamin C: 16%

The World Catalogue of Potato Varieties lists more than 4,500 different potato varieties, and the potato grows in a wider range of climatic zones than any other staple food.

Parmesan Potatoes

preparation



TOGETHER: Cut potatoes in half lengthwise. Cut a thin slice off the bottom of each half so they will not roll while cooking.

TOGETHER: Place potatoes in microwave-safe dish, cut side up. Mix together pasta sauce and Italian seasoning. Pour over potatoes and sprinkle with cheese.

KID: Cover tightly with lid or plastic wrap. Microwave on high for 11 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Let sit for two minutes.

ADULT: Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.



Pennywise Turkey-Potato Dinner Wraps

.....

Recipe by Potatoes USA. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.

INGREDIENTS

3/4 pound (12 ounces) potatoes,
cut into 1/2-inch diced

1 tablespoon water

1 tablespoon canola oil

3/4 pound (12 ounces) ground lean turkey

1 large carrot, shredded

1/3 cup sliced green onions with tops

1 can (8 ounces) tomato sauce


2/3 cup shredded cheddar cheese*

1 teaspoon dried Italian herb seasoning or basil*

Salt and pepper, to taste

4 large (9 to 10-inch) whole wheat or high fiber tortillas*

Light sour cream (optional)*



Yield: 4
Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready Time: 30 Minutes

Calories: 385
Fat: 9g
Cholesterol: 37mg
Sodium: 723mg
Vitamin C: 12%
Fiber: 5g
Protein: 33g
Potassium: 640mg

Pennywise Turkey-Potato Dinner Wraps

preparation



KID: Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on HIGH 5 to 8 minutes just until potatoes are tender. (Time will depend on wattage of your oven.)



ADULT: Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; cook and toss 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese, and herbs.



TOGETHER: Cook, stirring occasionally, 4 to 5 minutes until mixture is hot and most of sauce is absorbed. Season with salt and pepper.



TOGETHER: On work surface, lay out tortillas. Place $\frac{3}{4}$ cup hot turkey mixture on each; fold and roll up as for burritos. Cut in halves and place on serving plates. Accompany with sour cream, if desired.



Potato and Carmelized Onion Flatbread

.....

This recipe is courtesy of Colleen Kenedy, Souffle Bombay.blogspot.com. It was the winner of the Amazing Appetizers Culinary Challenge at Eat, Write, Retreat.

INGREDIENTS

Potato Flatbread:

2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon kosher salt
A couple dashes of black pepper
1/4 cup grated potato, skin on
1/2 cup, plus 1 tbs water
1/3 cup olive oil
1 teaspoon honey (optional)

Potato and Carmelized Onion Topping:

1 medium red onion, sliced thin
1/2 tablespoons olive oil
5 Petite potatoes (the tiny ones),
sliced very thin, skins on
Olive oil for brushing
Kosher salt; black pepper to taste
10 chive sprigs
1/4 cup plain Greek yogurt (optional)
1/4 cup BBQ sauce (optional)

 Back to YUMMY recipes.



Yield: 8

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready Time: 35 Minutes

Calories: 266, Fat: 10g

Sodium: 244mg

Vitamin C: 25%

Carbohydrates: 38g

Fiber: 2g, Protein: 6g

Potassium: 404mg

NOTE: If you do not have a mandolin to slice your potatoes, just slice them as thin as you can with a paring knife. You may need to turn the broiler on for a couple minutes to help the potatoes finish cooking if they end up on the thicker side. You could fire up the broiler at the 10 minute mark.

Potato and Caramelized Onion Flatbread

preparation



KID: Combine potato, flour, baking powder, salt and pepper in a bowl and whisk until combined.



TOGETHER: Dig a small well in the middle of your mixture and add in your water, olive oil and honey. Stir until combined. Form into a ball (add a few drops of extra water if necessary).



TOGETHER: Halve your dough and in between 2 pieces of parchment paper, roll out your dough, one piece at a time, into a rustic shape about 1/8 of an inch thick.

*If you make your dough a bit ahead of cooking time, just place a damp paper towel over each piece to keep it moist or wrap it tightly in plastic wrap.



POTATO AND CARAMELIZED ONION TOPPING:

ADULT: Saute your onions in the olive oil over medium heat until they soften and begin to caramelize. Remove from heat once you are ready to cook your flatbread(s).



ADULT: Heat your oven to 425° F.

TOGETHER: Lightly brush your flatbread(s) with a bit of olive oil. Scatter the caramelized onions over-top, arrange your potatoes, overlapping them to one another over-top the onions. Brush the potatoes lightly with a tiny bit of olive oil, sprinkle with salt and pepper



ADULT: Bake on a parchment paper lined baking sheet for 12 minutes (parchment will brown a bit – that is ok). If you don't have parchment paper, oil your baking sheet lightly. Remove from the oven when done.

KID: Drizzle with the BBQ sauce and/or the Greek yogurt, snip chives over-top and serve. You can cut the bread(s) into strips or you can set them out whole with a knife alongside so folks can cut to order.

Potato and Egg Dinner Bake

.....

Recipe by Potatoes USA. Breakfast for dinner is one of our favorite things. Just whip together this veggie filled potato-and-egg casserole and pop it in the oven. In 45 minutes you'll have a nutritious and delicious dinner.

INGREDIENTS

3/4 pound red potatoes, cut into
1/2- inch cubes
1/2 cup each: chopped red bell pepper
and zucchini
1/4 cup sliced green onions
2 cups coarsely shredded 2% or regular
sharp cheddar cheese
8 eggs
3 tablespoons flour
3/4 teaspoon baking powder
1 teaspoon garlic salt
1 cup low-fat cottage cheese



Yield: 6
Prep Time: 15 Minutes
Ready Time: 1 Hour
Cook Time: 45 Minutes

Calories: 310
Fat: 14g
Cholesterol: 315mg
Sodium: 800mg
Vitamin C: 60%
Fiber: 2g
Protein: 23g
Potassium: 379mg

Potato and Egg Dinner Bake

preparation



ADULT: Preheat oven to 350°F.

KID: Spray an 11 X 7-inch casserole dish with non-stick cooking spray. Spread potatoes, pepper, zucchini, green onions and cheddar cheese into prepared pan.

TOGETHER: In a separate bowl, whisk together eggs, flour, baking powder and garlic salt. Stir in cottage cheese and pour into prepared dish; stir lightly.

ADULT: Bake for 45 minutes or until eggs are puffed, golden brown and set in the center.

DID YOU KNOW?

There are **SEVEN** types of potatoes: russets, reds, whites, yellows, fingerlings, blues/purples and petites. And each of them has unique flavors and textures to make every potato dish special.

Potato and Kale Soup with Andouille Sausage

Recipe courtesy of Healthy Seasonal Recipes
A small amount of good-quality Andouille sausage and Parmesan cheese give this soup its depth of flavor. Need a quicker recipe? Try Quick Potato and Kale Soup with Andouille Sausage using frozen potatoes.



INGREDIENTS

2 tablespoons extra-virgin olive oil
5 ounces smoked Andouille sausage,
cut into 1/3-inch rounds
2 cups chopped onion
1 pound white potatoes (unpeeled),
cut into 1 1/2-inch pieces
7 cups low-salt chicken broth
4 garlic cloves, minced
1 teaspoon dried thyme
1 teaspoon chopped fresh rosemary
or 1/2 teaspoon dried
6 ounces Lacinato, Dinosaur or Russian kale,
stems finely chopped, leaves coarsely sliced
1/4 cup coarsely grated Parmesan cheese

Yield: 6
Prep Time: 20 Minutes
Cook Time: 35 Minutes
Ready Time: 55 Minutes

Calories: 392
Fat: 15g
Cholesterol: 35mg
Sodium: 658mg
Vitamin C: 117%
Carbohydrates: 44g
Fiber: 6g
Protein: 22g
Potassium: 341mg

Potato and Kale Soup with Andouille Sausage

preparation



ADULT: Heat oil in heavy large saucepan over medium-high heat. Add sausage and cook until golden brown, stirring occasionally, about 3 minutes. Using slotted spoon, transfer sausage to bowl.



TOGETHER: Add onion to drippings in pan and cook until golden brown, stirring often, about 5 minutes. Add potatoes, broth, garlic, thyme and rosemary.



TOGETHER: Bring to boil. Reduce heat, cover and simmer until potatoes are tender, stirring occasionally, about 20 minutes.



TOGETHER: Add kale stems and leaves and simmer until tender, stirring occasionally, about 4 minutes. Mix in sausage. Season to taste with salt and pepper. (Soup can be made 1 day ahead. Cover and refrigerate. Reheat before continuing).

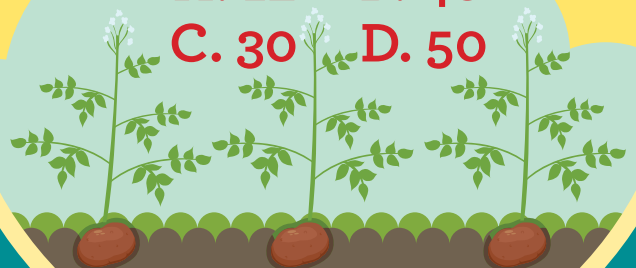


KID: Ladle soup into bowls. Sprinkle with cheese and serve.

DO YOU KNOW? CLICK TO FIND OUT!

**How many states
grow potatoes?**

**A. 12 B. 48
C. 30 D. 50**



Potato, Black Bean, & Swiss Chard Hash

.....

Recipe courtesy of Beard & Bonnet, as part of Potatoes USA's Potato Lovers Club program. This recipe is a colorful and tasty concoction of potatoes, veggies and spices. We love the flavors of this dish, but even more so, we love that it's jam-packed with vitamins and minerals.



INGREDIENTS

2 large russet potatoes, scrubbed and cut into a very small dice
2 tablespoons Earth Balance, olive oil, ghee or butter
1/4 cup white onion or 2 small shallots, thinly sliced
2 cups cooked black beans or 1 can rinsed and drained
1 bunch of Swiss chard, sliced into thin ribbons and thick stems diced
1 – 2 teaspoons cumin
1 teaspoon sweet paprika
Generous pinch of kosher salt
Black pepper

Yield: 4
Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready Time: 30 Minutes

Calories: 320
Fat: 5g
Sodium: 556mg
Vitamin C: 84%
Carbohydrates: 57g
Fiber: 14g
Protein: 14g
Potassium: 1657mg

Potato, Black Bean, & Swiss Chard Hash

preparation



ADULT: Place the olive oil in a heavy bottomed skillet over medium-high heat. Add the potatoes and a generous pinch of kosher salt, toss well to coat. Cover the skillet with a tight fitting lid and cook for 7-9 minutes, tossing or flipping occasionally to ensure that all sides of the potatoes are browning and getting crisp.



TOGETHER: Add the onions and Swiss chard stems to the skillet and cook for an additional 2-3 minutes until softened. Add the black beans to the skillet and mix well; gently arrange into a single layer in the pan. Leave to cook for 2-3 minutes, flipping once or twice, to ensure that the beans are heated through and getting crisp.



ADULT: Add the ribbons of Swiss chard and cook briefly until it wilts slightly. Remove from the heat



TOGETHER: Sprinkle in the spices, black pepper, and additional salt to taste. Serve immediately.

Potatoes are a vegetable and counts toward the total recommended servings of vegetables. One medium-sized potato (5.3 ounces) counts as 1 cup of starchy vegetables.

Potato Crusted Salmon with Cucumber-Feta Sauce

Recipe by Potatoes USA.

INGREDIENTS

- 1/2 cup plain fat free yogurt
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped seeded cucumber
- 1/2 teaspoon dried mint or dill weed
- 4 skinless salmon fillets (about 4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups (about 10 ounces) frozen shredded
hash brown potatoes, thawed, or
shredded fresh potatoes
- 1 tablespoon olive oil
- Lemon wedges and Kalamata olives, optional



Yield: 4
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Ready Time: 30 Minutes

Nutrition per serving
(with 1/4th sauce)
Calories 291, Fat: 13g,
Cholesterol: 71mg,
Sodium: 322mg
Carbohydrates: 16g
Vitamin C: 400%
Fiber: 2 g, Protein: 27g
Potassium: 897 mg

Potato Crusted Salmon with Cucumber-Feta Sauce

preparation



KID: In small bowl, combine yogurt, feta cheese, cucumber and mint; set aside.



TOGETHER: Pat fish fry with paper towels; season with salt and pepper. Place 1/2 cup potato on top of each fillet, pressing firmly to form an even layer.



ADULT: In large nonstick skillet, heat oil over medium heat until hot. Carefully place fillets, potato side down, in skillet. Cook 8 to 10 minutes (without moving fillets) until potatoes are golden brown. Using large spatula, turn fillets over; cook an additional 4 to 6 minutes or until fish is cooked to desired doneness.



Serve with sauce and, if desired, lemon and olives.

C: 30

Currently, 30 states grow and sell potatoes in the commercial market. Potatoes are environmentally friendly and easy to grow, however, so it is likely there are growers in nearly every state that sell to local farmers' markets. [BACK TO RECIPE](#)

Potato Curry with Peas

.....

Recipe by Potatoes USA. Serve with the Indian flatbreads known as chapatis for a vegetarian meal or use as an accompaniment for simple grilled fish or chicken. If you'd like a hotter taste, do not remove seeds from the jalapeño pepper.



INGREDIENTS

1 1/2 pounds red or yellow potatoes
(4-5 medium), peeled
1 teaspoon salt
1 teaspoon cumin seeds
1 teaspoon coriander seeds
5 cardamom pods, seeds removed from husks
1 teaspoon turmeric
1/2 teaspoon ground cinnamon
2 teaspoons canola oil
1 tablespoon yellow mustard seeds
1 tablespoon brown or black mustard seeds
1 large onion, finely chopped
4 cloves garlic, minced
1 jalapeño pepper, seeded and minced
1 tablespoon minced fresh ginger

Yield: 4
Prep Time: 10 Minutes
Cook Time: 35 Minutes
Ready Time: 45 Minutes

Calories: 220 Fat: 2g
Sodium: 624mg
Vitamin C: 36% Fiber: 7g
Protein: 7g
Potassium: 423mg

1 cup water
1 cup frozen peas
2 tablespoons chopped fresh mint
1 tablespoon lemon juice
Freshly ground pepper to taste

Potato Curry with Peas

preparation



KID: Place potatoes in a large saucepan and cover with water. Add salt.



TOGETHER: Bring to a boil. Cook over medium heat until the potatoes are tender, 10 to 20 minutes. Drain and cool slightly.



KID: Crush the potatoes with the back of a wooden spoon and set aside.



ADULT: Meanwhile, toast cumin, coriander and cardamom seeds in a small dry skillet over medium heat, stirring, until aromatic, about 1 minute. Transfer to a spice mill or mortar and pestle; grind to a powder. Add turmeric and cinnamon; set aside.



ADULT: Heat oil in a large nonstick skillet over medium heat. Add yellow and brown or black mustard seeds and cover the pan; when the seeds start to pop, remove the pan from the heat and let stand until the popping ceases. Uncover the pan and return to low heat. Add onions and sauté until golden, 10 to 15 minutes.

TOGETHER: Add garlic, jalapeños, ginger and the reserved spice mixture and sauté for 2 minutes more. Stir in water and simmer for 5 minutes. Stir in peas, mint and lemon juice and cook until heated through, about 3 minutes. Stir in the reserved potatoes and season with salt and pepper.

Potato Frittata with Zucchini and Spinach

Recipe by Potatoes USA.

INGREDIENTS

- 4 tablespoons pure olive oil,
or as needed
- 1 large russet potato, peeled and cut
into 1/8-inch-thick slices
- Salt and freshly ground black pepper, as needed
- 2 small zucchini, thinly sliced
- 3 cups finely chopped fresh spinach
- 2 tablespoons chopped fresh basil or
- 1/2 teaspoon dried oregano
- 1 small onion, thinly sliced
- A few roasted red bell pepper strips
- 5 eggs
- Grated Parmesan cheese (optional)



Yield: 2
Prep Time: 20 Minutes
Cook Time: 20 Minutes
Ready Time: 40 Minutes

Calories: 459
Fat: 33g
Cholesterol: 531mg
Sodium: 481mg
Vitamin C: 31%
Fiber: 3g
Protein: 18g

T Back to
TASTY recipes.



Potato Frittata with Zucchini and Spinach

preparation



ADULT: In an 8" nonstick sauté pan, heat 1 tablespoon of the olive oil over medium heat. Add the potato and cook, turning often, until tender and golden, about 10 minutes. Season with salt and pepper.



ADULT: Remove the potato slices with a slotted spatula and set aside in a bowl. Add 1 tablespoon oil to the same pan and fry the zucchini, turning once, until tender and slightly golden, about 4 minutes. Set aside.



TOGETHER: Add the basil and season with salt and pepper. Add the onion and sauté until soft and tender, about 10 minutes. Remove with the slotted spatula and add to the potatoes.



TOGETHER: Add the bell pepper strips to the vegetable mixture.



TOGETHER: In a large bowl, beat the eggs until well blended, adding a little of the Parmesan, if using. Add to the vegetables.



KID: Pour the mixture into an oiled baking dish.

ADULT: Bake at 350° F until set and golden, about 25 minutes. Cut in half and set aside half. Cut the remaining half into wedges and enjoy for dinner. Cover the other half and refrigerate for up to 2 days for another supper.

Potato Risotto Provencale

.....

Recipe courtesy of Roxanne C. of Albany, CA, winner of Potatoes USA's "Ultimate Healthy Potato Recipe" contest, in partnership with Better Homes and Gardens magazine. Potato Risotto Provencale is full of flavor and a healthful twist on a classic risotto dish. BONUS: this dish is unlike your classic risotto with a cook time of only 12-15 minutes!



INGREDIENTS

- 1 1/4 lb. potatoes, flesh and skin, medium*
- 4 cups vegetable broth (1/3 less sodium)
- 1 garlic clove
- 1/2 cup Red Roasted Pepper sauce
- 1/2 cup Kalamata olives
- 1/2 cup summer squash, zucchini
- 2 tablespoons thyme, fresh
- 2 tablespoons parsley, chopped
- 1 onion, scallion or spring green
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon black ground pepper
- 1/2 teaspoon lemon peel or zest

Yield: 4
Prep Time: 15 Minutes
Cook Time: 30 Minutes
Ready Time: 45 Minutes

Calories: 193
Fat: 6g
Sodium: 750mg
Vitamin C: 32%
Carbohydrates: 5g
Fiber: 3g
Protein: 88g
Potassium: 713mg

*Russet, red, yellow or white potatoes can be used in this recipe.

T Back to TASTY recipes.

preparation



TOGETHER: Place potatoes, vegetable broth and garlic in an extra-large nonstick skillet.



TOGETHER: Bring to a boil. Reduce heat and simmer, uncovered, for 12 to 15 minutes or until the liquid evaporates and the potatoes are tender, stirring occasionally.



TOGETHER: Gently stir in the remaining ingredients, except for the zest; heat through.

KID: Garnish each serving with lemon zest.

GREAT TIP:

The key to a great microwave baked potato is cutting a thin wedge, lengthwise. This allows the steam to fully escape from the potato, resulting in a dry and fluffy center.

Potato Pizza

.....

This Potato Pizza recipe is courtesy of I am a Food Blog, as part of Potatoes USA's Potato Lovers Club program.



INGREDIENTS

1 lb. store bought fresh pizza dough
All-purpose flour, for dusting
olive oil
1/2 head roasted garlic, lightly mashed
6-8 mini red potatoes, sliced paper-thin
1/4 onion, sliced and lightly sautéed in oil
2 sprigs fresh rosemary, leaves removed
Salt and freshly ground pepper
Red pepper flakes, for serving

Calories: 573
Fat: 7g
Sodium: 1064mg
Vitamin C: 70%
Carbohydrates: 110g
Fiber: 8g
Protein: 14g
Potassium: 14mg

Yield: 2-4
Prep Time: 10 Minutes
Cook Time: 12 Minutes
Ready Time: 22 Minutes

NOTE: If you do not have a mandolin to slice your potatoes, just slice them as thin as you can with a paring knife. You may need to turn the broiler on for a couple minutes to help the potatoes finish cooking if they end up on the thicker side. You could fire up the broiler at the 10 minute mark.

Z Back to ZIPPY recipes.

Potato Pizza

preparation



ADULT: One hour before you want to eat, preheat the oven to its hottest setting, 500-550° F.



TOGETHER: Dust the dough generously with flour and place on a floured work surface. Gently shape dough into a 9×13-inch rectangle. Arrange dough on a lightly floured baking sheet.



KID: Brush olive oil all over the dough and spread the mashed roasted garlic. Layer the potatoes, lightly overlapping.



TOGETHER: Add the onions and fresh rosemary. Finish with a light sprinkle of salt and freshly ground pepper.



ADULT: Bake the pizza until the bottom of the crust is crisp and the top is blistered, about 12 minutes. Transfer to a work surface to slice. Sprinkle with crushed red pepper flakes and enjoy hot.

FUN FACT

The world's biggest potato weighed 18 pounds, 4 ounces, according to Guinness Book of World Records.



Potato Salad with Parsnips and Edamame

.....

Recipe courtesy of Toby Amidor MS, RD,
CDN - excerpted from the book
THE GREEK YOGURT KITCHEN:
More than 130 Delicious, Healthy Recipes
for Every Meal of the Day

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INGREDIENTS

1 pound medium-size red potatoes
8 ounces parsnips
1/2 cup frozen shelled edamame
2 medium scallions
3 tablespoons light mayonnaise
3 tablespoons non-fat plain Greek yogurt
1 tablespoon low-sodium soy sauce
1 tablespoon rice vinegar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Yield: 6 servings
Prep Time: 5 Minutes
Cook Time: 30 Minutes
Ready Time: 35 Minutes

Calories: 145
Fat: 3g
Cholesterol: 3mg
Sodium: 358mg
Carbohydrates: 25g
Fiber: 4g
Protein: 5g

Potato Salad with Parsnips and Edamame

preparation



ADULT: Cut the potatoes into 1/2-inch cubes.



TOGETHER: Peel the parsnips and cut into 1/4-inch-thick slices.



ADULT: Pour 1 cup water into a medium pot fitted with a steamer basket, and bring to a boil over high heat. Add the cubed potatoes and sliced parsnips, cover the pot, and lower the heat to medium.



ADULT: Cook until the vegetables are tender, 10 minutes. Remove from the pot and set aside to cool for at least 10 minutes. Fill the same pot (without the basket) with water and bring to a boil over high heat. Add the edamame and lower the heat to medium. Cook for about 5 minutes, until heated through. Drain, and set aside to cool for 5 minutes.



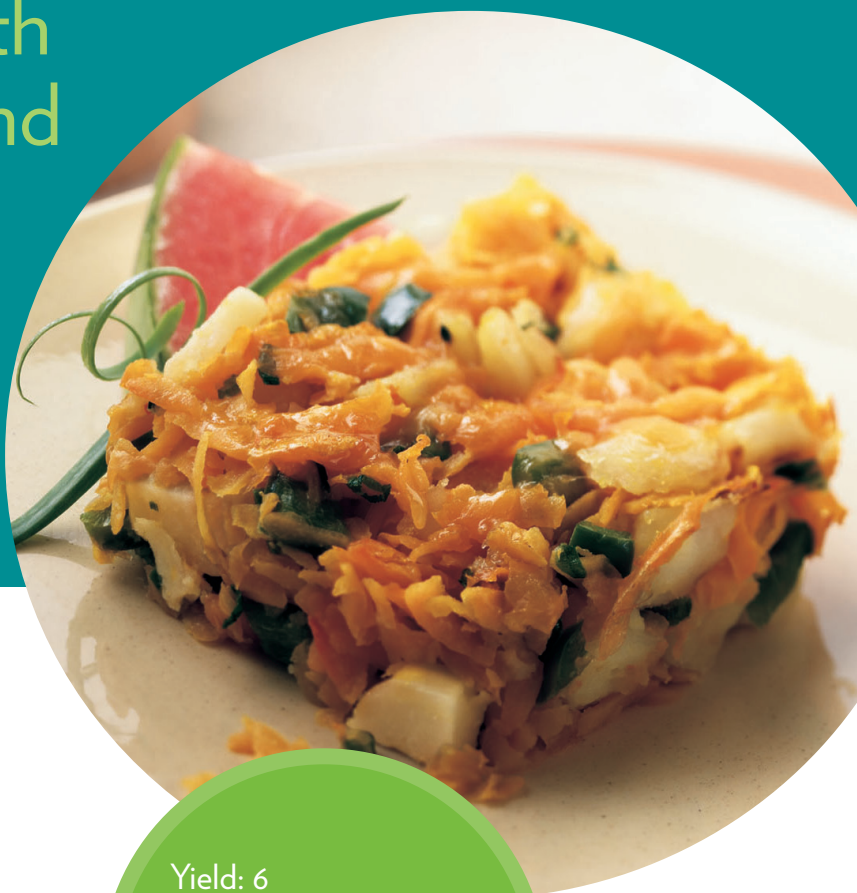
KID: In a large bowl, combine the cooled potatoes, parsnips, and edamame.

TOGETHER: Chop the scallions, both whites and greens.

KID: In a medium bowl, whisk together the chopped scallions, mayonnaise, yogurt, soy sauce, vinegar, salt, and pepper. Add this dressing to the potatoes mixture, and mix gently to combine.

Potato Scramble with Butternut Squash and Pasilla Peppers

Recipe by Potatoes USA. Parmesan rinds add great flavor to soups and stews. Simply simmer them with the soup for 20 minutes, then remove and discard.



INGREDIENTS

1 pound russet potatoes,
peeled and cut into 1/2-inch dice
1/4 cup canola oil
Salt and pepper as needed
1/2 pound pasilla peppers, stemmed,
seeded and diced
3/4 pounds butternut squash, grated
2 ounces green onions, thinly sliced
4 ounces lowfat jack or cheddar cheese, grated

Yield: 6
Prep Time: 20 Minutes
Cook Time: 35 Minutes
Ready Time: 55 Minutes

Calories: 308
Fat: 10g
Cholesterol: 11mg
Sodium: 198mg
Fiber: 6g
Protein: 12g
Potassium: 1388mg

T Back to TASTY recipes.

Cooking together provides a natural way to discuss nutrition and the impact that food choices have on the environment. The more educated children are about food, the more likely they will appreciate suggestions to eat something healthy.

Potato Scramble with Butternut Squash and Pasilla Peppers

preparation



ADULT: Heat oven to 350°F. In large pot of boiling water, boil potatoes for 5 minutes or until barely tender; drain.



ADULT: In skillet over high heat, heat oil. Add potatoes and season with salt and pepper; cook, stirring occasionally, about 10 minutes or until golden brown.



TOGETHER: Add peppers and cook until just softened. Mix in squash and green onions; Cook over medium heat, stirring occasionally, 5 minutes more.



KID: Spread potato mixture evenly in baking dish; sprinkle with cheese.

ADULT: Bake 15 minutes or until cheese is melted.

GREAT TIP:

Save time by par-cooking a fresh potato in the microwave, then finishing it in the oven or on the grill. Just place potatoes in a bowl and cover with plastic wrap, or use the type of reclosable plastic bags made especially for microwaving.

Potato Stuffed Peppers

.....

Recipe courtesy of Sandra at Sandra's Easy Cooking, as part of Potatoes USA's Potato Lovers Club program. It's not too often that you get to have your bowl and eat it too! This colorful and delicious recipe is a perfect complement to any meat or fish, or it's just as good served alone.



INGREDIENTS

4 bell peppers (or any on hand)
1/4 tablespoon olive oil
1/2 teaspoon salt

Filling:

3 large potatoes, shredded
1 yellow onion, shredded
Salt to taste (or Vegeta MSG free, seasoning to taste)
1 teaspoon ground black pepper
Few sprinkles of chili peppers
1 tablespoon olive oil

Topping:

1 teaspoon sour cream per each half of the pepper (optional)

Variations:

You can grill these stuffed peppers but it needs to be slightly hugged or wrapped with alum foil to prevent from burning. You can add/spread sour cream when you pull the potatoes out and bake for additional 10 minutes.

Yield: 4

Prep Time: 10 Minutes

Cook Time: 50 Minutes

Ready Time: 1 Hour

Calories: 320, Fat: 6g

Cholesterol: 4mg

Sodium: 332mg

Vitamin C: 288%

Carbohydrates: 58g

Fiber: 8g

Protein: 8g

Potassium: 1544mg

Potato Stuffed Peppers

preparation



ADULT: Preheat the oven on 375° F.

TOGETHER: Wash peppers and cut in halves.

KID: Take all the seeds out. Sprinkle with bit of salt and just lightly spray or oil them.



ADULT: Place in the oven and bake for 10 minutes or until you are finished with a filling.

TOGETHER: Meanwhile peel and shred the potatoes, and onion.



KID: Add salt to taste, ground black pepper, and chili peppers and oil. Mix the filling until all combined.



TOGETHER: Take the peppers out of the oven and stuff them with the filling mixture until each half is full.



TOGETHER: Once you done stuffing all the peppers, cover the baking pan with aluminum foil for the first 15 minutes then remove the aluminum foil.

ADULT: Continue baking uncovered on 375° F for 40 minutes or until potatoes are done. Serve immediately!



NOTE: This can be stored in the airtight container for a few days. Just reheat and eat, however it's better if served right away.

Potato Vegetable Bake on the Grill

Recipe by Potatoes USA. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.

INGREDIENTS

4 strips bacon, cut in half
6 baby red potatoes
1 medium onion, peeled and cut into 4 slices
1 cup cubed red bell pepper
1/2 cup frozen, thawed corn
1 teaspoon Cajun seasoning*
1/2 teaspoon salt
1/4 teaspoon pepper



Yield: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Ready Time: 40 Minutes

Calories: 260
Fat: 3.5g
Cholesterol: 10mg
Sodium: 640mg
Vitamin C: 72%
Fiber: 5g
Protein: 9g
Potassium: 1293mg

Potato Vegetable Bake on the Grill

preparation



KID: Place bacon in a single layer on the bottom of a large rectangle of heavy duty foil.



TOGETHER: Top with potatoes, onion, bell pepper and corn; sprinkle with seasonings. Bring in sides of foil to enclose vegetables.



ADULT: Cook for 30 minutes on a preheated, covered grill.

POTATO POWER!

Potatoes are a good source of important nutrients like potassium, vitamins C and B6, and complex carbohydrates. They also contain fiber, iron and protein.

Potatoes Verde

Recipe by Potatoes USA. This Potatoes Verde recipe was used in a research study, which shows that potatoes can be part of a weight loss regimen.

INGREDIENTS

- 1 can (4 ounces) diced green chilies
(reserve 1 tablespoon)
- 1 cup green salsa
- 1 can (14 ounces) fat-free chicken broth
- 1 cup finely chopped onion
- 2 cups diced cooked chicken breast
- 3 cups prepared mashed potatoes (no fat)



Yield: 8
Prep Time: 30 Minutes
Cook Time: 15 Minutes
Ready Time: 45 Minutes

Calories: 137
Fat: 2g
Cholesterol: 28mg
Sodium: 696mg
Vitamin C: 16%
Carbohydrates: 16g
Fiber: 2g
Protein: 13g
Potassium: 418mg

Potatoes Verde

preparation



KID: In a small saucepan, combine chilies, salsa, broth, onion and chicken.



ADULT: Cook over medium heat for 15 minutes. Reduce heat to medium/low.



TOGETHER: Prepare potatoes and add reserved 1 tablespoon chilies just as potatoes are done cooking. Serve potatoes on individual plates. Make a well in each serving of potatoes, and spoon verde mixture over the top.

**In 1952,
Mr. Potato Head
was born, and was
also the first toy to
be advertised on
television.**

Quick and Healthy Chile Lime Potato Tacos

Recipe by Potatoes USA. This recipe is great for people who crave Mexican food but strive to consume fewer calories. The chili and lime flavors make this recipe so tasty and with all variations under 250 calories and 7 grams of fat per serving, this is a perfect recipe to include in a low-calorie diet.



INGREDIENTS

1/2 pound yellow or red potatoes,
cut into bite-size cubes
Olive oil cooking spray
1/2 cup chopped onion
1/2 pound diced boneless, skinless chicken breasts
1/2 cup red chili enchilada sauce
1/4 cup finely chopped poblano, Anaheim or bell pepper
1 teaspoon Mexican seasoning blend
1/2 cup shredded reduced-fat Monterey Jack cheese
8 small corn tortillas, warmed or crunchy taco shells
Shredded cabbage or romaine lettuce, diced tomato,
diced avocado, thinly sliced radishes,
fresh cilantro leaves and salsa (optional toppers)
8 lime wedges

Yield: 4
Prep Time: 5 Minutes
Cook Time: 20 Minutes
Ready Time: 25 Minutes

Calories: 220, Fat: 5g
Cholesterol: 40mg
Sodium: 200mg
Vitamin C: 25%
Carbohydrates: 25g
Fiber: 2g
Protein: 19g
Potassium: 415mg

Quick and Healthy Chile Lime Potato Tacos

preparation



KID: Place potatoes in a microwave-safe bowl and cover with plastic wrap. Microwave on HIGH for 5 to 7 minutes.



KID: Spray a large skillet liberally with cooking spray. Add potatoes and onion.



ADULT: Cook over medium-high heat for 5 minutes, stirring and coating with cooking spray occasionally. Stir in chicken, pepper and seasoning and cook for 5 minutes more. Add red chili enchilada sauce and simmer for 5 minutes.



TOGETHER: Place equal amounts of cheese on each tortillas and heat in a skillet until cheese is melted. Add potato mixture and any other desired toppings. Serve with lime wedge.

The earlier kids learn how to how to cook, the sooner they will learn an essential life skill. Kids often become quite talented in the kitchen, making messy floors worth it down the road when they start to cook for you.



Rainbow Potato Pancakes

Recipe by Potatoes USA. Kids will “flip” for these flavorful pancakes named for their colorful ingredients. They won’t even notice they’re getting one full cup of vegetables in each serving!

INGREDIENTS

2/3 pound (2 medium) unpeeled potatoes, shredded
1 medium (6-inch) carrot, peeled and shredded
1 medium (5 to 6-inch) zucchini, shredded
1/3 cup finely diced red bell pepper
1/3 cup sliced green onions with tops
1 large egg, lightly beaten
2 tablespoons unseasoned dry bread crumbs
3/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons canola oil, divided
Reduced-fat sour cream (optional)

Yield: 4
Prep Time: 15 Minutes
Cook Time: 25 Minutes
Ready Time: 40 Minutes

Calories: 159
Fat: 8g
Cholesterol: 53mg
Sodium: 489mg
Fiber: 3g
Protein: 5g
Potassium: 545mg



Rainbow Potato Pancakes

preparation



KID: Enclose the three shredded vegetables in a clean kitchen towel; wring over sink to remove as much moisture as possible.



KID: Place vegetables in large bowl and immediately mix in bell pepper, onions, egg, bread crumbs, salt, and pepper to blend thoroughly.



ADULT: In large nonstick skillet, heat 2 teaspoons of the oil over medium-high heat.



TOGETHER: With 1/4-cup measure, portion mixture into skillet to make four pancakes, pressing down to flatten each mound to about 1/3 inch, and spacing apart.

ADULT: Fry until well browned on bottom sides, about 4 minutes. Flip and brown reverse sides.

ADULT: Remove with spatula and drain on paper towels. Repeat with remaining oil and potato mixture.

TOGETHER: Serve hot with sour cream, if desired.

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Preparing meals together means quality time as a family. Cooking with children when they are young offers an opportunity to communicate with them on a regular basis, and your time chatting and cooking in the kitchen together becomes even more important as they reach the adolescent and teenage years.

Simple Beef & Potato Skillet Ole'

.....

This recipe is courtesy of © Cattlemen's Beef Board and American National CattleWomen, Inc.



INGREDIENTS

1/2 cup fresh chopped cilantro
1 boneless beef top sirloin steak, cut 1 inch thick
(about 1 pound)
6 teaspoons olive oil, divided
3 cups cubed yellow potatoes (1/2-inch cubes)
1 container (16 ounces) refrigerated salsa
1 red bell pepper, cut into 1/2-inch pieces
1 teaspoon garlic salt
1 cup frozen whole kernel corn, thawed
1 avocado, peeled,
cut into 1/2-inch pieces
1/2 cup light (50% less fat) sour cream

Yield: 4
Prep Time: 10 Minutes
Cook Time: 25 Minutes
Ready Time: 35 Minutes

Calories: 379
Fat: 15g
Cholesterol: 86mg
Sodium: 736mg
Carbohydrates: 28g
Fiber: 4.3g
Protein: 31g

Simple Beef & Potato Skillet Ole'

preparation



ADULT: Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.



ADULT: Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Remove from skillet; keep warm.



TOGETHER: Heat remaining 4 teaspoons oil in same skillet over medium-high heat until hot. Add potatoes. Cook 7 to 8 minutes or until browned and crisp-tender, stirring occasionally. Carefully stir in salsa, red pepper and garlic salt. Reduce heat to medium-low. Cook, covered, 10 minutes, stirring occasionally. Return beef to skillet. Add corn; cook 2 minutes. Remove from heat. Stir in avocado.



Serve with sour cream and cilantro.

DID YOU KNOW?

Potatoes were often eaten by sailors aboard ship to prevent scurvy, a disease caused by a deficiency of vitamin C.

Simple Spanish Beef & Potato Wraps

.....

This recipe is courtesy of © Cattlemen's Beef Board and American National CattleWomen, Inc.



INGREDIENTS

1 pound ground beef (95% lean)
2 cups diced yellow potatoes (1/2-inch dice)
1 cup chopped, roasted red bell peppers, divided
1/2 cup chopped yellow onion
1/2 cup manzanilla pimiento-stuffed olives, cut in half
1 1/4 teaspoons adobo seasoning with pepper, divided
1 1/4 teaspoons smoked paprika, divided
1/2 cup tomato sauce
4 ounces (1/3 less fat) cream cheese, softened
4 whole wheat tortillas (8-inch diameter), warmed

Yield: 4
Prep Time: 10 Minutes
Cook Time: 35 Minutes
Ready Time: 45 Minutes

Calories: 451
Fat: 16g
Cholesterol: 91mg
Sodium: 1024mg
Carbohydrates: 43g
Fiber: 5.4g
Protein: 34g

Simple Spanish Beef & Potato Wraps

preparation



ADULT: Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into small crumbles; drain.



TOGETHER: Add diced potatoes, 1/2 cup roasted peppers, onion, olives, 1 teaspoon adobo seasoning and 1 teaspoon smoked paprika.



ADULT: Cook 5 minutes, stirring frequently. Stir in tomato sauce. Reduce heat to medium-low; cook, covered, 15 to 20 minutes or until potatoes are cooked through, stirring occasionally.

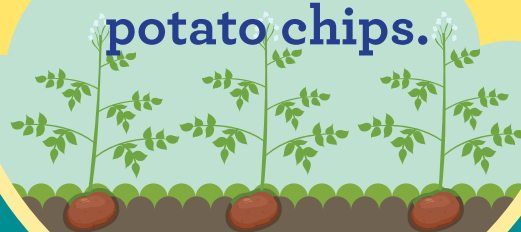


TOGETHER: Meanwhile, place cream cheese, remaining roasted peppers, adobo seasoning and smoked paprika in bowl of food processor. Process until smooth.

KID: Spread each tortilla with about 2 tablespoons roasted red pepper sauce. Top with 1-1/4 cups beef-potato mixture; fold tortilla over filling. Serve with remaining red pepper sauce.

FUN FACT

It takes 10,000 pounds of potatoes to make 3,500 pounds of potato chips.



Skillet Potatoes with Eggs and Middle Eastern Spiced Tomato Sauce

Recipe by Potatoes USA. Shashouka is a popular breakfast dish in the Middle East. The addition of potatoes make for a hearty breakfast, brunch or even casual supper. The sauce makes enough to enjoy the dish twice!



Yield: 2

Prep Time: 15 Minutes

Cook Time: 25 Minutes

Ready Time: 40 Minutes

INGREDIENTS

4 teaspoons extra-virgin olive oil, divided
1 shallot, finely chopped
2 garlic cloves, finely chopped
1 tablespoon chili powder
1/2 teaspoon turmeric
1/2 teaspoon (scant) caraway seeds
1 (14.5-ounces) can unsalted diced tomatoes
1 pound yellow potatoes, cut into
1/4-inch rounds, then quartered crosswise
2 eggs
2 ounces feta cheese, crumbled
1/4 cup Italian parsley leaves or cilantro leaves
Hot pepper sauce

Calories: 461

Fat: 15g

Cholesterol: 173mg

Sodium: 516mg

Vitamin C: 87%

Carbohydrates: 67g

Fiber: 7g, Protein: 18g

Potassium: 136mg

Skillet Potatoes with Eggs

preparation



ADULT: Heat 1 teaspoon oil in heavy medium saucepan over medium-heat. Add shallot, garlic, chili powder, turmeric and caraway; sauté until shallot is tender, about 4 minutes.



TOGETHER: Add tomatoes with juices from can and 1 cup water; simmer until sauce thickens and is reduced to 1 3/4 cups, stirring occasionally, about 8 minutes.



ADULT: Meanwhile, heat 3 remaining teaspoons oil in heavy well-seasoned cast iron skillet or non-stick skillet over medium heat. Add potatoes and sprinkle with salt and pepper. Sauté potatoes until tender and golden brown, about 15 minutes.



TOGETHER: Using wooden spoon, push potatoes to edge of skillet. Crack eggs into center of skillet and cook until whites are set and yolks are creamy, about 6 minutes.



KID: Spoon half of warm sauce over eggs and potatoes. (Cover remaining sauce and refrigerate to enjoy later.) Sprinkle eggs with feta and parsley. Serve passing hot sauce separately.

GREAT TIP:

To preserve the abundance of nutrients in your potato, cook them in their skins. Steam or microwave your potatoes, instead of boiling, as water naturally leaches some of the nutrients from food cooked in it.

Spring Nicoise Potato Salad

Recipe by Potatoes USA.

INGREDIENTS

8 small red potatoes, uniform in size
(about 1 pound)
1 6-ounce can white tuna in water,
drained
12 steamed asparagus spears
8 radishes
1/2 cup pitted Kalamata olives
2 tablespoons minced red onion
3 tablespoons red wine vinegar
2 tablespoons chopped fresh parsley
4 teaspoons olive oil
Salt and pepper



Yield: 4
Prep Time: 20 Minutes
Cook Time: 10 Minutes
Ready Time: 30 Minutes

Calories: 216
Fat: 8g
Cholesterol: 13mg
Sodium: 451mg
Vitamin C: 24%
Fiber: 3g
Protein: 14g
Potassium: 640mg



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Spring Nicoise Potato Salad

preparation



KID: Leave skin on potatoes, quarter and place in large pot; pour over enough water to cover.



ADULT: Set over high heat and bring to a boil. Boil 10 minutes, or until potatoes are tender; drain.



KID: Arrange potatoes on platter with tuna, asparagus, radishes, olives and onion.

KID: In small bowl, whisk vinegar, parsley, and oil; drizzle over salad. Season with salt and pepper.

DID YOU KNOW?

Spanish conquistadors invaded South America in the early 1500s and began carrying the potatoes back to their homeland aboard their ships. The Spanish sailors appreciated the “tartuffos” (as they were called) for the protection they offered from scurvy (later found to be due to their significant vitamin C content).

Steak and Potato Tacos with Poblano Chilies

.....

Recipe by Potatoes USA. Everyone loves steak and potatoes and everyone loves tacos! Here is a winning combo of two favorites.



INGREDIENTS

2 tablespoons olive oil, divided
1 large onion, sliced
2 poblano chilies, stemmed, seeded, sliced
12 ounces white potatoes, quartered lengthwise,
then cut crosswise into 1/4-inch thick slices
1 (12 ounces) flank steak
Garlic powder
Chili powder
12 corn tortillas (6-inch)
Chopped fresh cilantro
Pico de gallo salsa and/or hot sauce

Yield: 12
Prep Time: 20 Minutes
Cook Time: 25 Minutes
Ready Time: 45 Minutes

Calories: 168
Fat: 6g
Cholesterol: 13mg
Sodium: 19mg
Vitamin C: 7%
Carbohydrates: 21g
Fiber: 3g
Protein: 7g
Potassium: 147mg

Steak and Potato Tacos with Poblano Chilies

preparation



ADULT: Heat 1/2 tablespoon oil in heavy large non-stick skillet over medium-high heat. Add onion and chilies and sauté until tender, about 10 minutes. Transfer onion mixture to bowl (do not wash skillet).



ADULT: Heat 1 tablespoon oil in same skillet over medium-high heat. Add potatoes and sauté until golden brown and tender, about 12 minutes. Return onion mixture to skillet with potatoes and keep warm.



TOGETHER: Meanwhile, sprinkle both sides of steak generously with garlic powder, chili powder, salt and pepper.



ADULT: Heat remaining 1/2 tablespoon oil in heavy large skillet over medium-high heat. Add steak and cook until browned on both sides, turning once, about 8 minutes total for medium-rare. Transfer steak to cutting board; let rest 5 minutes.



ADULT: While steak rests, heat tortillas on griddle or over gas flame until warm, turning frequently with tongs.

TOGETHER: Thinly slice steak.

KID: Top tortillas with steak and potato mixture; sprinkle with cilantro.

Serve passing pico de gallo and/or hot sauce separately.

**Need a quicker recipe?
Try Quick Steak and
Potato Tacos with
Poblano Chilies using
frozen potatoes.**



Tex Mex Shepherd's Pie

.....

Recipe by Potatoes USA. A Southwestern take on the classic casserole, this mildly spicy dish can also be made using leftover mashed potatoes. If requiring a gluten-free recipe, check the label of the indicated (*) recipe ingredients to ensure they are gluten-free.



INGREDIENTS

1/2 pound each: lean ground beef
and ground turkey breast
1 cup chopped onion
3-4 teaspoons chile powder*
2 teaspoons ground cumin*
1/2 teaspoon oregano *
1 teaspoon garlic salt, divided*
1/2 cup fresh or frozen corn
1/2 of a 28-ounce can crushed tomatoes
1 (4 ounces) can diced green chiles
1 (2.2 ounces) can sliced ripe olives, drained
1 pound russet or yellow potatoes,
peeled and cubed
2 tablespoons 1% milk
1/2 cup shredded sharp cheddar cheese*

Yield: 4
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Ready Time: 30 Minutes

Calories: 383
Fat: 14g
Cholesterol: 81mg
Sodium: 883mg
Vitamin C: 51%
Fiber: 8g
Protein: 32g
Potassium: 1516mg

Tex Mex Shepherd's Pie

preparation



ADULT: Brown beef and turkey in a medium skillet; drain excess grease.



ADULT: Add onion, chili powder, cumin, oregano and 1/2 teaspoon garlic salt and cook for 10 minutes over medium heat, stirring occasionally. Stir in corn, tomatoes, chiles and olives.



TOGETHER: Cook over medium heat for 5 minutes, then turn into a lightly greased 1-quart baking dish.



TOGETHER: Meanwhile, boil potatoes in lightly salted water for 10 minutes or until tender. Drain and stir in remaining garlic salt and milk.



KID: Spread over meat mixture.

ADULT: Bake at 400°F for 15 minutes or until the potatoes are lightly browned. Top with cheese and bake for 5 minutes more.

The United Nations
declared 2008 the
International Year of
the Potato



Thai Lettuce Cups with Red Curry Potatoes

Recipe by Potatoes USA. This Thai-influenced dish combines savory curry roasted potatoes with crunchy fresh vegetables and a light dressing. Thai red curry paste and fish sauce (nam pla) can be found in the Asian section of supermarkets.



INGREDIENTS

- 1 tablespoon olive oil
- 1 teaspoon Thai red curry paste
- 12 ounces red potatoes, quartered lengthwise, then cut crosswise into 1/2-inch pieces
- 1/3 cup fresh lime juice
- 1/2 cup packed golden brown sugar
- 2 tablespoons fish sauce (nam pla) or soy sauce
- 6 butter lettuce leaves
- 1 large carrot, peeled, grated
- 12 cilantro sprigs
- 2 green onions, thinly sliced
- 3 tablespoons fresh mint leaves

Yield: 6
Prep Time: 20 Minutes
Cook Time: 15 Minutes
Ready Time: 35 Minutes

Calories: 171
Fat: 2g
Sodium: 420mg
Vitamin C: 24%
Carbohydrates: 36g
Fiber: 2g
Protein: 2g
Potassium: 158mg

Variations:

For a vegetarian dish, use soy sauce in place of the fish sauce.

Thai Lettuce Cups with Red Curry Potatoes

preparation



ADULT: Preheat oven to 450°F.



KID: Stir oil and curry paste to blend in large bowl. Add potatoes and toss to coat. Spread potatoes out on heavy large rimmed baking sheet.



ADULT: Roast potatoes until golden and tender, about 15 minutes.

KID: Meanwhile, stir lime juice, sugar and nam pla to blend in small bowl for sauce.



TOGETHER: Arrange lettuce leaves on platter. Top with carrots, cilantro, green onions and mint, dividing evenly. Spoon potatoes into cups.

Serve, passing sauce separately.

**Need a quicker recipe?
Try Quick Thai Lettuce
Cups with Red Curry
Potatoes using frozen
tater tots.**

Thai Potato and Vegetable Curry

.....
Recipe by Potatoes USA.

INGREDIENTS

3 cups (about 2 medium) cubed
(3/4-inch) potatoes
1 cup cauliflower florets
1 tablespoon vegetable oil
1 teaspoon Thai red curry paste
3/4 cup thin onion wedges (1/2-inch wide)
1/2 cup red bell pepper strips (1/2-inch wide)
1/2 cup green bell pepper strips (1/2-inch wide)
1 cup light coconut milk
1 teaspoon salt
1 teaspoon brown sugar
1/2 cup chopped fresh cilantro



Yield: 2 Servings
Prep Time: 20 Minutes
Cook Time: 20 Minutes
Ready Time: 40 Minutes

Calories: 240
Fat: 7g
Cholesterol: 50mg
Sodium: 690mg
Vitamin C: 50%
Carbohydrates: 22g
Fiber: 3g, Protein: 22g
Potassium: 137mg

Thai Potato and Vegetable Curry

preparation



KID: Place potatoes in microwave-safe dish. Cover and microwave on HIGH 3 minutes. Add cauliflower; microwave an additional 1 minute. Set aside.



ADULT: In large saucepan, heat oil over medium heat until hot.



TOGETHER: Add curry paste; cook 1 minute, stirring constantly. Add potato mixture, onion and bell peppers; cook and stir 1 minute. Stir in coconut milk; bring to a boil.



TOGETHER: Reduce heat; cover and simmer until vegetables are tender, about 8 minutes. Stir in salt and brown sugar; add cilantro.

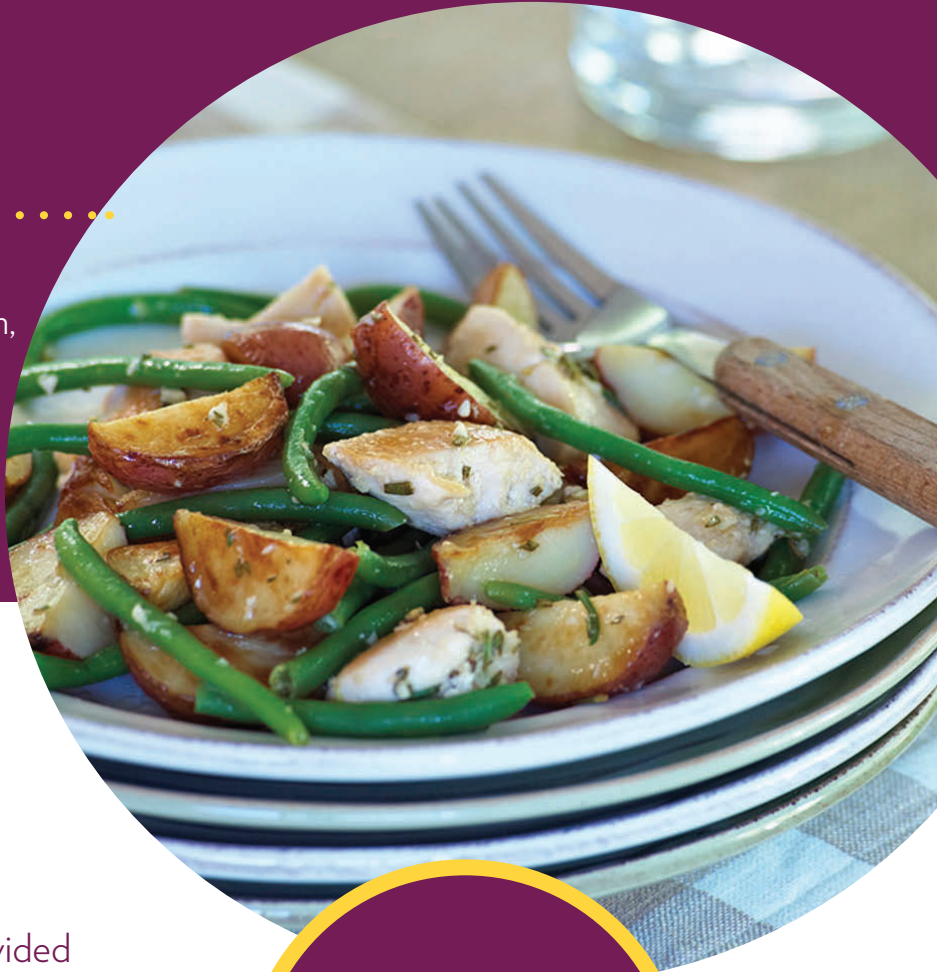
DID YOU KNOW?

The Inca Indians in Peru were the first to cultivate potatoes around 8,000 BC to 5,000 B.C.



Tuscan Potato Skillet

Lemon zest, garlic and rosemary add a delightful Tuscan twist to this green bean, potato and chicken skillet. The best part? Only having to use one pan to whip up this weeknight favorite, which also makes clean-up a breeze!



INGREDIENTS

- 1 pound petite red potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken tenderloins
- 2 tablespoons extra virgin olive oil, divided
- 1 tablespoon chopped fresh rosemary
- 4 cloves garlic, minced
- 1 (12 ounces) bag frozen green beans, thawed
- 1 lemon, zested and juiced

Yield: 4 servings
Prep Time: 15 Minutes
Cook Time: 25 Minutes
Ready Time: 40 Minutes

Calories: , Fat: 7g
Cholesterol: 50mg
Sodium: 690mg
Vitamin C: 50%
Carbohydrates: 22g
Fiber: 3g, Protein: 22g
Potassium: 137mg

DID YOU KNOW?

The potato is the world's fourth largest food crop, following rice, wheat, and maize.



Tuscan Potato Skillet

preparation



ADULT: Cut each potato into 4 wedges.



KID: Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.



ADULT: While potatoes are cooking, cut each chicken tenderloin into 4 equal pieces. Heat 1 tablespoon oil in a large skillet over medium-high heat.



TOGETHER: Add chicken and cook for 5 minutes or until nicely browned, stirring frequently. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken. Stir in rosemary, garlic, green beans, lemon zest and juice.



TOGETHER: Cook for a few minutes more to heat through. Season to taste with salt and pepper.

Veggie Stuffed Baked Potatoes

Recipe courtesy of The Kids Cook Monday. Crunchy carrots, sautéed onions and tangy feta cheese contrast beautifully in these stuffed baked potatoes. Kids will have fun poking holes in the potatoes before baking and crumbling the feta to stuff the potatoes during assembly.



INGREDIENTS

4 russet potatoes
salt and black pepper, to taste
1/2 cup broccoli
1/2 cup carrots
1/2 cup green beans
1 tablespoon canola oil
1 small onion, chopped
1 clove garlic, minced
1/2 cup feta cheese
1/4 cup parsley, chopped for garnish

Yield: 4
Prep Time: 20 Minutes
Cook Time: 1 Hour
Ready Time: 1 Hour
20 Minutes

Calories: 269
Fat: 3g
Cholesterol: 17mg
Sodium: 241mg
Carbohydrates: 43g
Fiber: 6g
Protein: 8g

CLICK HERE FOR A ZIPPY FUN FACT



Veggie Stuffed Baked Potatoes

preparation



ADULT: Preheat an oven to 450° F.

KID: Prick the potatoes several times with a fork. Place the potatoes on the baking sheet and sprinkle with a little salt.



ADULT: Place the potatoes in the oven for 45 minutes-1 hour, or until the potatoes are tender. Set aside to cool.



TOGETHER: Bring a large pot of salted water to a boil over high heat. Peel the carrots and cut them bite size. Cut the broccoli into bite sized florets and set aside with the carrots.



KID: Snap the ends off of the green beans and set aside with the other veggies.

ADULT: Add the vegetables to the boiling water and cook for about 3 minutes, or until their color brightens, but still maintain their crunch. Remove with a slotted spoon, transfer to a bowl and set aside.



ADULT: When the potatoes have cooled, slice them open.

KID: Crumble the feta cheese between the 4 potatoes.



ADULT: Place the canola oil in a frying pan over medium-high heat. Add the onion and sauté for about 3-5 minutes, or until it starts to color. Add the garlic and sauté 1-2 minutes more, or until the garlic becomes fragrant. Transfer to the bowl with the vegetables.

TOGETHER: Divide the broccoli, carrots, green beans, onions and garlic between the 4 potatoes. Serve 1 veggie stuffed potato per person, sprinkle each with chopped parsley and enjoy!

Weeknight Workout Supper

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A great weeknight meal when you're in a hurry. Microwaving the potatoes saves time, while finishing cooking in a skillet brings out the savory.



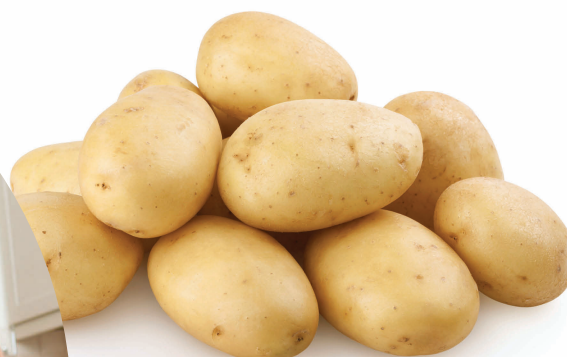
INGREDIENTS

1 1/3 pounds (4 medium) potatoes,
cut into 1-inch cubes
1 pound boneless, skinless chicken
breasts, cut into 3/4-inch cubes
2 tablespoons olive oil
1 cup prepared tomato salsa
1 cup fresh or frozen corn kernels

Yield: 4 servings
Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready Time: 30 Minutes

Calories: 348
Fat: 9g
Cholesterol: 66mg
Sodium: 366mg
Vitamin C: 30%
Fiber: 4g
Protein: 31g

Z Back to ZIPPY recipes.



preparation



KID: Place potatoes in shallow 1 - to 2-quart microwave-safe dish. Cover with plastic wrap, venting one corner.



KID: Microwave on HIGH 8 to 10 minutes until just tender.



ADULT: While potatoes cook, in large nonstick skillet over high heat, toss and brown chicken in oil 5 minutes.

TOGETHER: Add potatoes. Toss until potatoes are lightly browned. Add salsa and corn. Toss until heated through.

DID YOU KNOW?

Exposure to scratch cooking helps kids develop a mature palate and a taste for fresh, wholesome ingredients. The earlier kids become accustomed to nutritious foods, the less likely they will acquire a taste for processed foods.



DEDICATED TO ENCOURAGING FAMILIES TO DISCOVER THE MANY BENEFITS OF COOKING AND DINING TOGETHER

For even more potato recipes, videos and nutritional information, check out
www.potatogoodness.com

Find more great family-friendly recipes at www.thekidscookmonday.org

